

Youth Group Swim Levels



Skills swimmers will be working on at each level

Level 1 (swim diapers are required for ages 3 and under)

Water entry and exit
 Submerge face/Blowing Bubbles
 Retrieving objects underwater
 Open eyes under water
 Front/Back float
 Front/Back arm movements
 Front/Back kicks
 Front/Back combined movement

Level 3

Water entry and exit
 Sit/Kneel dive*
 Submerge and retrieve objects
 Rotary breathing
 Glides with kicks
 Front/Back glides
 Tread water
 Front/Back crawl

Level 2

Water entry and exit
 Submerge entire head
 Retrieve objects
 Front/Back float
 Front/Back glide
 Change direction while swimming

Level 4

Compact/Stride dive*
 Feet-first dive*
 Front/Back float
 Front/Back crawl
 Breaststroke
 Butterfly
 Elementary
 Side Stroke

*Dependent on shared pool space with the BRSC Sharks Swim Team.

Private/Semi Private Swim Lessons

- Private 30 min:
 Member & Social Members \$25 / Non-member \$35
- Private package of four, 30 min lessons:
 Member & Social Members \$90 / Non-member \$130
- Semi-private 30 min (2 students):
 Member & Social Members \$15 per student/ Non-member \$25 per student
- Semi-private package of four, 30 min lessons:
 Member & Social Members \$50 per student / Non-member \$90 per student



Register at pool@boisetennis.com 208-376-1052