

ELMWOOD SWIM LEVELS

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<div>1</div> <div>INTRODUCTION TO WATER SAFETY SKILLS</div>	<div>Red</div> <div>1. Water exploration: enters and plays in the pool 2. Blow bubbles-3 seconds 3. Fully submerge head 4. Bob-5 times 5. Open eyes and retrieve object- 2 times (with or without goggles)</div>	<div>Green</div> <div>1. Front glide 2. Front glide & stand up 3. Flutter kick 4. Front glide with flutter kick 5. Front crawl arms on the wall 6. Front crawl with flutter kick 7. Rhythmic breathing on the wall-5 times</div>	<div>Blue</div> <div>1. Back float-5 seconds 2. Back glide 3. Back float & stand up 4. Back float with kick 5. Back crawl arm action w/ kicking 6. Roll from front to back 7. Roll from back to front 8. Hand & arm treading action in chest-deep H2O</div>
<div>2</div> <div>FUNDAMENTAL AQUATIC SKILLS</div>	<div>Red</div> <div>1. Hold breath underwater- 10 seconds 2. Open eyes and retrieve an object- 3 times (w/ or w/o goggles) 3. Rhythmic breathing-5 times 4. Front glide-5 yards-then stand up 5. Front crawl with breathing-5 yards</div>	<div>Green</div> <div>1. Bob-10 times 2. Back glide-5 yards-then stand up 3. Back float-15 seconds 4. Back crawl-5 yards 5. Front crawl with breathing-5 yards</div>	<div>Blue</div> <div>1. Front float-10 seconds -jellyfish style -tuck style -front style 2. Change direction while swimming on front or back 3. Tread water-15 seconds 4. Front crawl with breathing-10 yards 5. Back crawl-10 yards</div>
<div>3</div> <div>STROKE DEVELOPMENT</div>	<div>Red</div> <div>1. Bob-15 times 2. Rhythmic Breathing-15 times 3. Front crawl-15 yards 4. Butterfly kick and body motion 5. Push off in a streamlined position then glide-10 yards 6. Tread water-30 seconds then roll into "rest position"</div>	<div>Green</div> <div>1. Jump into deep water 2. Survival float-30 seconds 3. Back float-1 minute 4. Tread water-1 minute 5. Elementary backstroke kick only 6. Breaststroke kick only 7. Front crawl-15 yards 8. Butterfly arms with kick-5 yards</div>	<div>Blue</div> <div>1. Jump into deep water & tread- 2 minutes 2. Stroke of choice-25 yards 3. Front crawl-15 yards 4. Elementary backstroke-15 yards 5. Sitting and kneeling dives 6. Scissor kick-15 yards 7. Beginner Butterfly-10 yards 8. Complete items 1-4 in sequential order</div>
<div>4</div> <div>STROKE IMPROVEMENT</div>	<div>Red</div> <div>1. Compact dive from the side 2. Survival Swimming-1 minute 3. Front crawl with an open turn 4. Back crawl with an open turn then swim 15 yards 5. Sidestroke-25 yards 7. Front crawl-25 yards 8. Back crawl-25 yards 9. Pass Elmwood Deep Water Test</div>	<div>Green</div> <div>1. Tread water using 2 different kicks- 2 minutes 2. Push off the wall on front and flutter kick-10 yards 3. Push off the wall on back and dolphin kick-10 yards 4. Breaststroke 5. Butterfly-15 yards 6. Feet first surface dive 7. Stride step dive from the side</div>	<div>Blue</div> <div>1. Front crawl-25 yards 2. Elementary backstroke-25 yards 3. Breaststroke-15 yards 4. Back crawl-15 yards 5. Underwater swim-10 yards 6. Complete items 1-5 in sequential order</div>
<div>5</div> <div>STROKE REFINEMENT</div>	<div>Red</div> <div>1. Shallow angle dive from the side 2. Shallow dive then front crawl to the side 3. Tuck and pike surface dive 4. Tread water using legs only- 2 minutes 5. Back skull-30 seconds 6. Butterfly-25 yards 7. Breaststroke-50 yards</div>	<div>Green</div> <div>1. Front flip turn while swimming front crawl 2. Back crawl flip turn 3. Tread water-5 minutes 4. Sidestroke-50 yards 5. Butterfly-25 yards</div>	<div>Blue</div> <div>1. Shallow dive then front crawl-50 yards 2. Elementary backstroke-50 yards 3. Breaststroke-25 yards 4. Back crawl-25 yards 5. Complete items 1-4 in sequential order</div>
<div>6</div> <div>SWIMMING AND SKILL PROFICIENCY</div>	<div>Green</div> <div>1. Tuck and pike surface dive 2. Front flip turn 3. Back flip turn 4. H.E.L.P position-2 minutes 5. Huddle position-2 minutes 6. Back float-5 minutes 7. Survival swimming-10 minutes 8. Survival float-5 minutes 9. Surface dive and retrieve object from the bottom 10. Tread water using only legs-2 minutes 11. Swim 25 yards using fins, paddles and pull buoys</div>		
		<div>Blue</div> <div>1. Front crawl & back crawl open turns 2. Sidestroke open turn 3. Butterfly open turn 4. Breaststroke open turn 5. Front crawl-100 yards 6. Elementary Backstroke-100 yards 7. Back crawl-50 yards 8. Breaststroke-50 yards 9. Sidestroke-50 yards 10. Butterfly-50 yards</div>	

