

Elmwood Swim Levels

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| <p>1 Introduction to Water Safety Skills</p> | <p>Guppy 1. Water exploration: enters and plays in the pool.</p> | <p>Minnow 1. Blow bubbles-3 seconds 2. Fully submerge head 3. Bob-5 times 4. Open eyes and retrieve object-2 times (with or without goggles)</p> | <p>Tadpole 1. Front glide 2. Front glide & stand up 3. Flutter kick 4. Front glide with flutter kick 5. Front crawl arms on the wall</p> | <p>Frog 1. Back float-5 seconds 2. Back glide 3. Back float & stand up 4. Front crawl arms 5. Roll from front to back 6. Roll from back to front</p> | <p>Starfish 1. Hand & arm treading action in chest deep H2O 2. Front crawl with flutter kick 3. Back float with kick 4. Back crawl arm action w/ kicking 5. Rhythmic breathing on the wall-5 times</p> |
| <p>2 Fundamental Aquatic Skills</p> | <p>Sunfish 1. Hold breath underwater-10 seconds 2. Bob-10 times 3. Open eyes and retrieve an object-3 times (w/ or w/o goggles) 4. Rhythmic breathing-5 times 5. Front glide-5 yards - then stand up 6. Back glide-5 yards - then stand up 7. Back float-15 seconds 8. Back crawl-5 yards 9. Front crawl with breathing-5 yards</p> | | | <p>Bass 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</p> | |
| <p>3 Stroke Development</p> | <p>Trout Red 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"</p> | <p>Trout White 1. Jump into deep water 2. Survival float-30 seconds 3. Back float-1 minute 4. Tread water-1 minute 5. Elementary backstroke <i>kick only</i> 6. Breaststroke <i>kick only</i> 7. Front crawl-15 yards 8. Butterfly arms with kick-5 yards</p> | | <p>Trout Blue 1. Jump into deep water & tread-2minutes 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</p> | |
| <p>4 Stroke Improvement</p> | <p>Coho White 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 6. Elementary backstroke-25 yards 7. Front crawl-25 yards 8. Back crawl-25 yards 9. Pass Elmwood Deep Water Test</p> | | <p>Coho Blue 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. Tread water using 2 different kicks-2 minutes 7. Push off the wall on front and flutter kick-10 yards 8. Push off the wall on back and dolphin kick-10 yards 9. Complete items 1-5 in sequential order 10. Butterfly-15 yards 11. Feet first surface dive 12. Stride step dive from the side</p> | | |
| <p>5 Stroke Refinement</p> | <p>Stingray White 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</p> | | <p>Stingray Blue 1. Shallow dive then front crawl-50 yards 2. Elementary backstroke-50 yards 3. Breaststroke-25 yards 4. Back crawl-25 yards 5. Front flip turn while swimming front crawl 6. Back crawl flip turn 7. Tread water-5 minutes 8. Sidestroke-50 yards 9. Complete items 1-4 in sequential order</p> | | |
| <p>6 Swimming and Skill Proficiency</p> | <p>Great White White 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</p> | | <p>Great White Blue 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</p> | | |