

# Deerkill Day Camp Swim Levels



Skill	Level 1	Level 2	Level 3A
1	Enter and exit water safely using ladder, steps, or side	Enter water by stepping or jumping from the side	Enter water by jumping from the side (into deep water)
2	Submerge mouth, nose, and eyes	Exit water using ladders, steps	Bobbing while moving toward safety, 5 times
3	Blow bubbles through nose and mouth	Fully submerging and holding breath, 5 seconds	Retrieve submerged object, 3 times (in chest-deep water)
4	Bobbing 3 times	Bobbing, 5 times	Rotary breathing with body in a horizontal position, 10 times
5	Open eyes underwater and retrieve object	Open eyes underwater and retrieve object, 2 times	Survival float on front, 15 seconds
6	Front glide, 2 body lengths	Front float, 5 seconds	Change from vertical to horizontal position on front
7	Recover from front glide to vertical	Jelly fish float, 5 seconds	Change from vertical to horizontal position on back
8	Back glide, 2 body lengths	Tuck float, 5 seconds	Alternating treading kick and arm motion (in shallow water)
9	Back float , 3 seconds	Front glide, 2 body lengths	Push off front glide then flutter kick with assistance, 5 yards
10	Recover from a back float or glide to a vertical position	Recover from a front float or glide to a vertical position	Basic front crawl, 10 yards
11	Roll from front to back	Back float, 15 seconds	Back crawl, 5 yards
12	Roll from back to front	Back glide, 2 body lengths	Elementary backstroke, 5 yards
13	Treading using arm and hand actions	Recover from a back float or glide to a vertical position	Scissors kick, 10 yards with the use of kickboard
14	Alternating leg action on front	Roll from front to back	<u>Safety Topics</u>
15	Simultaneous leg action on back	Roll from back to front	Exit Skills Assessment
16	Alternating arm action on front	Change direction of travel	
17	Simultaneous arm action on front	Treading using arm and legs	
18	Combined arm and leg actions on front, 2 body lengths	Combined arm and leg actions on front, 5 body lengths	
19	Alternating leg action on back	Finning arm action on back	
20	Simultaneous leg action on back, 2 body lengths	Combined arm and leg actions on front, 5 body lengths	
21	Alternating arm action on back	Safety Topics	
22	Simultaneous arm action on back	Exit Skills 1,2, and 3	
23	Combined arm and leg on back		
24	Safety Topics		
25	Exit Skills 1 and 2		

# Deerkill Day Camp Swim Levels



Skill	Level 3B	Level 4	Level 5
1	Survival float on front, 30 seconds (into deep water)	Tread water using 2 different kicks, 1 min.	Shallow angle dive from the side
2	Back float, 30 seconds	Survival float on front, 1 min.	Shallow-angle dive, glide 2 body lengths and begin any front stroke
3	Back Glide with kick, 3 yards	Push off and glide on back and begin flutter kick, 5 yards	Tuck surface dive, submerging completely
4	Change from vertical to horizontal position on front independently	Front crawl, 25 yards	Pike surface dive, submerging completely
5	Change from vertical to horizontal position on back independently	Breast Stroke, 15 yards	Tread Water using 2 different kicks, 3 minutes
6	Tread water, 30 seconds	Butterfly, 15 yards	Survival float on front, 2 minutes
7	Push off in a streamlined position on front then begin flutter kicking, 3-5 body lengths	Elementary backstroke, 25 yards	Front flip turn while swimming
8	Push off in a streamlined position on front then begin dolphin kick, 3-5 body lengths	Back crawl, 25 yards	Front Crawl, 50 yards
9	Front crawl, 15 yards	Side Stroke, 15 yards	Breast Stroke, 25 yards
10	Back crawl, 10 yards	Headfirst entry from the side in a compact position	Butterfly, 25 yards
11	Elementary backstroke, 15 yards	Headfirst entry from the side in a stride position	Elementary Backstroke, 50 yards
12	Scissors kick, 10 yards	Headfirst entry from the diving board in a kneeling position	Back crawl, 50 yards
13	Headfirst entry from the side in a sitting position	Headfirst entry from the diving board in a standing position	Standard scull, 30 seconds
14	Headfirst entry from the side in a kneeling position	Safety Topics	Sidestroke, 25 yards
15	Headfirst entry from the side in a standing position	Exit Skills Assessment	Safety Topics
16	Exit Skills Assessment		Exit Skills Assessment

# Deerkill Day Camp Swim Levels



Skill	Level 6A	Level 6B	Level 6C
1	Front crawl, 100 yards	HELP position, 2 minutes	Surface dive
2	Front crawl, 100 yards	Huddle position, 2 minutes	Dive from kneeling position from poolside
3	Back crawl, 50 yards	Feet first surface dive	Forward dive fall-in from poolside
4	Elementary backstroke, 100 yards	Back float, 5 minutes	Standing dive from poolside
5	Breaststroke, 100 yards	Survival float, 5 minutes	Dive from kneeling position from diving board
6	Sidestroke, 50 yards	Tread water, 5 minutes	Forward dive fall-in from diving board
7	Butterfly, 50 yards	Survival swimming, 10 minutes	Standing dive from diving board
8	Front crawl open turn while swimming	Self-rescue techniques while clothed	Forward jump, tuck position with one-part takeoff from poolside
9	Backstroke open turn while swimming	Swimming while clothed any stroke, 50 yards	Forward jump, tuck position with one-part takeoff from diving board
10	Front flip turn while swimming	Treading water, kicking only, 2 minutes	Forward jump, tuck position with two-part takeoff from diving board
11	Backstroke flip turn while swimming	Surface dive and retrieve an object from the bottom	Forward dive, tuck position with two-part takeoff from diving board
12	Sidestroke open turn while swimming	Front crawl, 100 yards	Forward jump, pike position with one-part takeoff from diving board
13	Butterfly turn while swimming	Back crawl, 50 yards	Forward jump, pike position with two-part takeoff from diving board
14	Breaststroke turn while swimming	Elementary backstroke, 100 yards	Forward dive, pike position with one-part takeoff from diving board
15	Exit Skills Assessment	Breaststroke, 50 yards	Forward dive, pike position with two-part takeoff from diving board
16		Sidestroke, 50 yards	Exit Skills Assessment
		Butterfly, 50 yards	
		Exit Skills Assessment	