

Swim For Fun
Exit Skills for Group Lessons

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Water Babies

___ I am 2 years old.

Beginning Tots

___ I am 3 yrs old.

___ I can stay on the steps or Tot dock by myself.

Level 1

___ I can fully submerge and hold my breath for (3) seconds.

___ I am willing to go with the instructor to try skills.

Level 2

___ I can swim on my front for 5 yards.

___ I can swim on my back for 5 yards.

Level 3

___ I can swim on my front for 7 yards with front or side breathing

___ I can kick on my back with finning or over the head arm strokes for 7 yds.

___ I can jump in the water from the side of the pool and swim back to the edge by myself.

Level 4

___ I can swim Freestyle with side (rotary) breathing with slight or no incline 10 yds.

___ I can swim Backstroke with slight to no incline 10 yds.

___ I know the Elementary Backstroke kick with one or both feet flexed 10 yds.

___ I can Tread Water for 30 sec.

Level 5

___ I can swim Freestyle with rotary breathing and little or no incline for 20 yards.

___ I can swim Backstroke with emphasis on a bent arm pull and body roll for 20 yds.

___ I can swim Elementary Backstroke with improved coordination for 20 yds.

___ I can Treading Water with one or more different kicks for 1 min.

___ I can perform a Shallow Dive from a knee dive position from the side of the pool.

Level 6

___ I can swim Freestyle with no side to side motion for 40 yds.

___ I can swim Backstroke with my hands enters in line with my shoulders for 40 yds .

___ I can swim Elementary Backstroke with a 3 sec. glide for 40 yds.

___ I can perform Breaststroke kick for 20 yds.

___ I can perform Sidestroke kick for 20 yds.

___ I can Treading Water with more than one type of kick for 2 min.

Level 7

___ I can swim Freestyle with at least one flipturn for 100 yds.

___ I can swim Backstroke for 100 yds.

___ I can swim Breaststroke with correct coordination, flexed feet kick and a 3 sec. glide for 40 yds.

___ I can swim Sidestroke with scissor kick coordination for 40 yds.

___ I can swim Butterfly with dolphin kick for 20 yds.

___ I can perform a Flip turn for Freestyle.

___ I can Treading Water with more than one type of kick for 3 min.

___ I can perform a Shallow Dive from side of the pool from a stride or standing position.

Level 8

___ I can swim Freestyle for 200 yds.

___ I can swim Backstroke with at least one flipturn for 100 yds.

___ I can swim Breaststroke with at least one underwater pull out for 100 yds.

___ I can swim Sidestroke with a 3 second glide for 100 yds.

___ I can swim Butterfly breathing every tow strokes for 40 yds.

___ I can perform an Open Turn for all the strokes pushing off in streamline position.

___ I can perform a Flipturn for Backstroke.

___ I can Treading Water with more than one type of kick for 5 min.