

Tall Pines Day Camp

Swim Levels

LEVEL 1

1. Fully submerge face
2. Experience buoyancy and breath control
3. Supported float on front
4. Supported float on back
5. Bubble blowing
6. Enter and exit water independently
7. Move through water comfortably
8. Supported kicking on front
9. Supported kicking on back
10. Intro. To alternating arm action
11. Basic personal safety and rescue
12. Worksheets

LEVEL 2

1. Hold breath/submerge head
2. Retrieve objects
3. Orientation to deep water
4. Prone float and glide unsupported
5. Supine float and glide unsupported
6. Rhythmic breathing with support
7. Feet first entry into water and recover vertical
8. Get out of pool at side
9. Flutter kick front and back
10. Finning on back
11. Back crawl arm action
12. Combination stroke front, using kick and alternation arm action
13. Turns (back to front)
14. Personal safety and rescue
15. Worksheets

LEVEL 3

1. Retrieve object eyes open, no support
2. Bob, submerging head completely
3. Bob in water slightly over head to travel to safe area
4. Jump into deep water from side of pool
5. Prone glide with push-off
6. Supine glide with push-off
7. Coordinate arm stroke for front crawl with breathing to side
8. Coordinating back crawl - Reverse direction while swimming on front/back
9. Tread water
10. Turning over
11. Jump into chest deep water with lifejacket
12. H.E.L.P. position
13. Huddle position
14. Learn how to open airway for rescue breathing
15. Worksheets

LEVEL 4

1. Deep water bobbing
2. Experience with buoyancy/floating
3. Rotary breathing
4. Sculling on back
5. Elementary backstroke
6. Front crawl
7. Back crawl
8. Breast stroke
9. Sidestroke
10. Turning at wall
11. Treading water
12. Rescue breathing
13. CPR
14. Worksheets

LEVEL 5

1. Alternate breathing
2. Breast stroke
3. Swimming underwater
4. Butterfly
5. Open turn on front
6. Open turn on back
7. Personal safety and rescue
8. Feet first surface dive
9. Sidestroke - 10 yards
10. Elementary backstroke 25 yards
11. Back crawl - 50 yards
12. Front crawl - 50 yards
13. Worksheet

LEVEL 6

1. Front crawl - 100 yards 1 turn min.
2. Back crawl - 100 yards, 1 turn min.
3. Breast stroke - 25 yards
4. Sidestroke - 25 yards
5. Butterfly - 10 yards
6. Breast stroke turn
7. Sidestroke turn
8. Flip turn for front crawl
9. Pike surface dive
10. Tuck surface dive
11. Alternative kicks for treading water
12. Throwing assists
13. Roll-spinal injury victim face-up
14. Worksheets

LEVEL 7

1. Front crawl - 40 yards
2. Back crawl - 40 yards
3. Sidestroke - 40 yards
4. Elementary backstroke - 40 yards
5. Breast stroke - 40 yards
6. Butterfly - 40 yards
7. Underwater swim - 20 yards
8. Breast stroke turn
9. Sidestroke turn
10. Tread water - 5 minutes
11. Review all turns taught previously
12. Pike surface dive
13. Tuck surface dive
14. Front crawl turn
15. Breast stroke flip turn
16. Feet first surface dive
17. Sidestroke turn
18. Rescues and other safety items
19. Worksheets