Willow Lake Day Camp Swim Levels

Red Cross Level	Willow Lake Levels		
1 **Introduction To Water Skills**	**Tadpole** 1. Enter and exit water safely by yourself 2. Submerge mouth, nose and eyes 3. Blow bubbles 4. Open eyes underwater & pick up object arms length away 5. Maintain front float with support for 5 seconds then recover to standing.	**Guppy** 1. Change direction while walking and paddling 2. Float on stomach, face in the water with support 3. Float on back with support 4. Recover from back float standing position with support	**Minnow** 1. Roll over from front to back with support 2. Roll over from back to front with support 3. Explore chest deep water with support 4. Explore arm movements with support 5. Explore leg movements from side of pool 6. Swim on front and back using a combination of arm/leg actions with support
2 **Fundamental Aquatic Skills**	**Goldfish** 1. Exit chest deep water from side of pool or using a ladder 2. Submerge head for 5 seconds without support 3. Learn to float on stomach face in water 4. Recover from a front float to a standing position without support	**Seahorse** 1. Front glide, 2 body lengths, no support 2. Front glide, arm movements, no support 3. Front glide, leg movements, no support 4. Jump into chest deep water, no support 5. Introduce back float with support	**Trout** 1. Learn to float on back 2. Back glide with arm movements unsupported 3. Back glide with leg movements unsupported 4. Roll over from front to back 5. Swim on front using arm and leg movements 6. Swim on back using arm and leg movements 7. Introduce treading water in chest deep water
3 **Stroke Readiness**	**Grouper** 1. Rotary arm movements in shallow and then chest deep water 2. Kicking movements in shallow and then chest deep water 3. Kicking on front for 3 body lengths 4. Kicking on back for 3 body lengths 5. Introduce rhythmic and alternate breathing	**Snapper** 1. Swim 1 length of pool using correct breathing and kicking movement 2. Teach arm movements for elementary backstroke 3. Teach leg kicks for elementary backstroke (whip and wedge) 4. Demonstrate elementary backstroke for 1 length of pool 5. Introduce dolphin kick	**Seal** 1. Deep water tread, arms & legs, 30 seconds 2. Jump into deep water 3. Demonstrate sitting dive 4. Demonstrate kneeling dive 5. Demonstrate a dive into deep water and retrieve a submerged object 6. Bob head fully submerged in deep water 5x's 7. Introduce side stroke kick (regular and inverted) and arm stroke
4 **Stroke Development**	**Swordfish** 1. Demonstrate side stroke using both kicks for 1 pool length 2. Demonstrate breast stroke using whip kick for 1 pool length 3. Demonstrate butterfly for 1 pool width 4. Demonstrate back stroke for 1 pool length 5. Introduce sculling 6. Swim one lap of each of the following strokes without stopping: freestyle, backstroke, elementary backstroke, sidestroke, breast stroke and butterfly	**Barracuda** 1. Demonstrate a dive from the side of pool into deep water 2. Swim 3 body lengths underwater from the side of the pool 3. Demonstrate a feet first surface dive 4. Demonstrate a tuck surface dive 5. Demonstrate an open turn from freestyle with streamline 6. Demonstrate an open turn from backstroke	
5 **Stroke Refinement**	**Dolphin** 1. Demonstrate a shallow racing dive from deep water 2. Demonstrate a shallow racing dive from deep water and begin any front stroke 3. Back stroke start from side of pool with streamline using dolphin kick 4. Demonstrate feet first and pike surface dive from deep water and retrieve an object from the bottom 5. Demonstrate a breaststroke turn with pullout 6. Demonstrate a butterfly turn 7. Tread water using 2 different kicks (scissor, dolphin or modified breaststroke) for 2 minutes	**Marlin** 1. Demonstrate a freestyle flip turn 2. Demonstrate a backstroke flip turn 3. Refine side stroke 4. Refine butterfly 5. Refine breaststroke 6. Refine elementary backstroke 7. Refine back stroke 8. Demonstrate the following strokes perfectly for 1 lap without stopping: freestyle. backstroke, elementary backstroke, breaststroke, sidestroke and butterfly	
6 A **Fitness Swimmer**	**Piranha 1** 1. Front crawl, back crawl (100 yards), breaststroke, elementary backstroke, sidestroke, butterfly (50 yards) 2. Front crawl, sidestroke and backstroke open turns 3. Front flip turn, breaststroke turn, butterfly turn, backstroke turn	**Piranha 2** 1. Use a pace clock 2. Use a pull buoy while swimming 3. Use fins while swimming	
6 B **Lifeguard Readiness**	**Stingray 1** 1. Feet first surface dive 2. Pike surface dive 3. Tuck surface dive 4. Check-Call-Care 5. Call for emergency help 6. Care for conscious choking victim 7. Reaching and throwing assist 8. Rescue breathing 9. Tread water for 5 minutes	**Stingray 2** 1. Tread water kicking only 2. Compact jump from height with rescue tube 3. Front crawl with rescue tube trailing 4. Breaststroke with rescue tube trailing 5. Surface dive and retrieve object from bottom 6. Swim on back holding object 7. Wading assist/ walking assist 8. Beach drag 9. Using a backboard	
6 C **Competitive Swimming**	**Shark 1** 1. Increase endurance while doing: front crawl, back crawl, butterfly, breaststroke 2. Demonstrate turns for all competitive strokes	**Shark 2** 1. Demonstrate starts for the following strokes: freestyle, backstroke, breaststroke, butterfly 2. Demonstrate pullouts for all competitive strokes 3. Demonstrate finishes for all competitive strokes 4. Demonstrate racing starts- relays	