

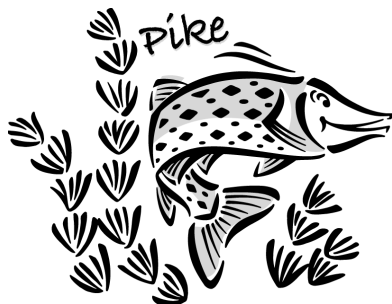
Skills Mastered

Preschool Swimming Levels (3-5 years old)

YAQUATICS™

We build strong kids, strong families, strong communities.

- This list does not include all the skills covered in each level; it contains those skills that may help parents determine the level at which their child should register.
 - Look at each level and determine whether your child can consistently perform all the skills within that level. If so, check the next level, and keep moving through until you reach one for which your child cannot consistently perform all the skills. That probably is the right level for your child.
 - It is better to underestimate the child's abilities than to overestimate the child's abilities. It is so much easier to move a child to a higher level than to move him or her down.
- If you are still not sure of your child's level after looking at this list, talk to someone in aquatics or the aquatics director to set up an assessment test for your child.



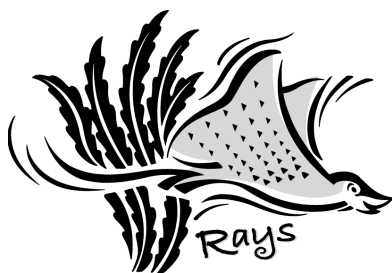
PIKES

- Willingly put face in the water when asked
- 5 bobs with bubbles, getting a breath each time
- Release from the wall, swim/paddle away, turn, paddle back to the wall
- Front float 10 seconds (face in the water), take a breath, and recover
- Back float 10 seconds, recover.
- Wearing an IFD paddle stroke 5 yards front and kick on back 5 yards
- Gain self-confidence
- Swim 5ft of each without an IFD
 - Paddle on front*
 - Paddle on back*
 - Paddle on side*



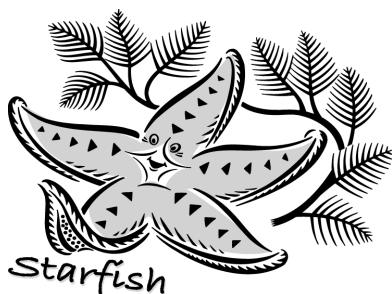
EELS

- Push off the wall, swim/paddle 5ft away, turn, and grab the wall
- Front float 20 seconds (face in the water), take a breath, and recover
- Back float 20 seconds, recover.
- Jump in with IFD, paddle on front 10 yards, turn, kick on back 10 yards
- Swim 15ft without an IFD
 - Swim on front with face in arms reaching out & rhythmic breathing*
 - Swim on back with horizontal position*
 - Swim on side with alternating arms*



RAYS

- Front and back float 30 seconds without an IFD
- Tread water 30 seconds with an IFD
- Jump in deep end, swim 5 feet, back float 10 seconds and return
- Bob 10 times in shallow water, getting a breath each time
- Jump into deep water, swim up 5-7 feet
- Sitting & kneeling dives
- Swim 20ft without an IFD
 - Front crawl with rotary breathing*
 - Basic breaststroke with rhythmic breathing*
 - Side alternating stroke*
 - Backstroke with straight arms*
 - Basic elementary backstroke with glide*



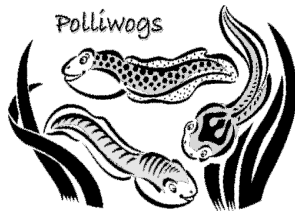
STARFISH

- Head-first surface dive, recover
- Front and back float 1 minute
- Tread water 30 seconds without an IFD
- Jump into deep water, swim 15 feet, back float 10 seconds, and return
- Bob 10 times on deep water, getting a breath each time
- Swim 40 feet without a float belt
 - Crawl stroke with side breathing*
 - Breaststroke with glide, symmetrical whip kick and rhythmic breathing*
 - Sidestroke with scissor kick*
 - Backstroke with straight arms and horizontal position*
 - Elementary backstroke with glide & symmetrical whip kick*
 - Introduction to butterfly with dolphin kick (20 feet)*

Skills Mastered

Youth Swimming Levels (6-12 years old)

- This list does not include all the skills covered in each level; it contains those skills that may help parents determine the level at which their child should register.
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POLLIWOG

- Walk or swim away from the pool wall, turn around, reach and grab the wall
- Front and back float 30 seconds without and IFD, recover/stand
- Jump in and return to the side without assistance
- Jump in deep water with an IFD swim 10 yards on front, kick on back 10 yards
- Gain Self-Confidence

Paddle for 20ft without an IFD

Front Paddle with face in the water

Back paddle with horizontal body position

Side paddle with ear in the water



GUPPY

- Front and back float 1 minute without IFD, recover/stand
- Tread water 30 seconds without an IFD
- Jump into deep water, swim up 5-7 feet, paddle 15ft, back float 10 seconds, and return with out IFD
- Perform 10 bobs in deep water, getting a breath each time
- Kneeling dive with assistance, glide/swim 15 feet

Swim for 25 yards without an IFD

Front crawl and rotary breathing

Basic breaststroke with rhythmic breathing

Side alternating stroke

Back crawl with straight arms

Basic elementary backstroke



MINNOW

- Tread water 1 minute with and effective kick/Circle Kick for 1 minute
- Bob 10 times in deep water, getting a breath each time
- Kneeling dive off deck

Swim 25 yards without and IFD (all with GOOD form)

Front Crawl with side breathing and arms glide front

Breaststroke with rhythmic breathing, glide & symmetrical whip kick

Basic sidestroke with scissor kick

Back crawl with opposite straight arms

Elementary backstroke with glide & symmetrical whip kick



FISH

- Float 6 minutes with minimum movement front or back
- Tread water 3 minutes using a combination of kicks
- Scull head-first and feet-first, 45 feet each
- Head-first and feet-first surface dive own 6-8ft

Swim 50 yards

Crawl stroke with side breathing and open turns

Breaststroke with pull-breath-kick-glide rhythm and open turns

Elementary backstroke with glide

Backstroke with body roll, bent arm pull, and open turns

Sidestroke with scissor kick and glide

Basic butterfly (15 yards only)



FLYING FISH

- Tread water 6 minutes using all four kicks: single, double, circle, and rotary
- Swim under water 3-4 body lengths with modified breaststroke
- Freestyle flip turn for crawl and back stroke
- Kneeling dives with streamline (focus on distance and body position)

Swim 100 yards (focus on efficiency)

Crawl stroke with bilateral breathing and flip turns

Breaststroke with proper rhythm and open turns

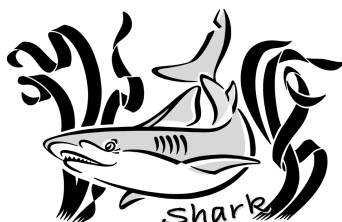
Elementary backstroke with flexed hips and glide

Backstroke with body roll, bent arm pull, and flip turns

Sidestroke (alternate sides) with scissor kick

Lifesaving stroke (50 yards)

Butterfly (25 yards)



SHARK

- Take your own heart rate and swim within target heart rate range
- Swim 200 yards individual medley (fly, back, breast, crawl) with proper turns
- Start dives with step up, take your mark, and go!

Swim 100 yards (focus on endurance and pace)

Crawl stroke with streamline, body roll, and flip turns

Breaststroke with pull-out and glide

Inverted breaststroke (50 yards)

Backstroke with dolphin kick/streamline and flip turns

Over arm sidestroke, alternate sides (50 yards)

Butterfly with push-off and streamline (50 yards)