

Swim lesson skill sheet

Listed below are the classes and skills that will be followed in our swim lessons. They are listed I through VII, from the most unskilled (I. Polliwog) to the most skilled (VII Seadogs). To be enrolled in a particular class, the student must be able to perform all of the skills in the preceding class.

<p>I. Polliwog</p> <ol style="list-style-type: none"> 1. Water adjustment 2. Water entries 3. Front kick/back kick 4. Bubble blowing 5. Prone glide 6. Underwater exploration 7. Back float/front float 8. Back position – arm movement and combined skills 9. Back glide 10. Prone position - arm movement and combined skills 11. Beginner stroke <p>II. Minnows (beginner skills)</p> <ol style="list-style-type: none"> 1. Water adjustment skills 2. Hold breath 10 seconds 3. Rhythmic breathing 10 times 4. Prone float and recovery 5. Prone glide 6. Back glide and recovery 7. Survival float 8. Prone glide and kick 9. Back glide and kick 10. Beginner stroke or crawl: 15 yards 11. Combined stroke on back: 15 yards 12. Leveling off and swimming 13. Jump in shallow water, swim 14. Jump in deep water, level, swim 15. Jump in deep water, level, turn over, swim on back 16. Jump in deep water, swim 20 yards of crawl stroke 17. Jump in deep water, survival float for 1 minute 18. Turning over from front to back 19. Back crawl arm actions 20. Flutter kick – front and back 	<p>III. Manatees (advanced beginner)</p> <ol style="list-style-type: none"> 1. Bobbing – deep water 2. Rhythmic breathing to side 3. Survival float 2 minutes 4. Crawl stroke 5. Elementary backstroke 6. Survival float 7. Tread water: 30 – 40 seconds 8. Change positions and tread 30 seconds 9. Standing front dive 10. Underwater swim of 3 – 4 body lengths 11. Dive into deep water, underwater swim 4 body lengths 12. Jump into deep water, swim elementary backstroke 20 yards 13. Dive into deep water, underwater swim 4 body lengths 14. Prone glide with push-off 15. Back glide with push-off 16. Reverse direction while swimming <p>IV. Dolphins</p> <ol style="list-style-type: none"> 1. Sidestroke – arms 2. Sidestroke – scissors kick 3. Sidestroke – coordination 4. Breaststroke – arms 5. Breaststroke – kick 6. Breaststroke – coordination 7. Crawl stroke – improve 8. Elementary backstroke 9. Survival float – 3 minutes 10. Survival stroke – 3 minutes 11. Back float – 1 minute 12. Sculling on back – 10 yards 13. Open turns – front and side 14. Open turns – back 15. Tread water – 2 minutes 16. Swim underwater – 15 to 20 feet 17. Standing front dive 18. 50 yd. elementary backstroke 19. Dive into deep water, swim 50 yards crawl stroke 20. 50 yard side stroke 21. 5 minute swim 	<p>V. Barracudas (swimmer skills)</p> <ol style="list-style-type: none"> 1. Practice alternate breathing 2. Sidestroke – review 3. Back crawl 4. Crawl – review 5. Surface dives – pike, tuck 6. Feet first surface dive 7. 1 meter board jumping entry 8. 1 meter board standing entry 9. Long shallow dive 10. Stride jump 11. Inverted scissors kick 12. Sculling – snail and canoe 13. Open turn – front 14. Open turn – back 15. Open turn – side 16. Survival float – 5 minutes 17. Underwater swim – 20 – 25 feet 18. 50 yards breaststroke 19. 50 yards backstroke 20. 100 yards crawl stroke 21. 100 yards side stroke 22. Surface dive (pike or tuck) then survival float 23. 10 minute swim 24. Swim underwater 3 body lengths 25. Butterfly - kick <p>VI. Sharks (advanced swimmer)</p> <ol style="list-style-type: none"> 1. Elementary backstroke – improve 2. Back crawl – improve 3. Breaststroke – improve 4. Sidestroke – improve 5. Crawl stroke – improve 6. Over arm sidestroke 7. Inverted breaststroke 8. Open turns – improve 9. Surface dives 10. Survival float and survival float fully clothed 11. Approach and hurdle on board 12. 1 meter board jumping 13. 1 meter board running front dive 14. 50 yard sidestroke, 50 yards over arm sidestroke 15. 100 yards crawl stroke 16. 100 yards back crawl stroke 17. 100 yards breaststroke 18. 50 yards inverted breaststroke, 50 yards elementary backstroke 19. 10 – 15 minute swim 20. Butterfly 10 yards 21. Approach stroke 25 yards <p>VII. Seadogs</p> <ol style="list-style-type: none"> 1. Freestyle review 2. Backstroke review 3. Breaststroke review 4. Butterfly 5. Competitive starts 6. Competitive turns 7. Conditioning, each class 8. Individual medley
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