

Rock Spring Swim Club Swim Lessons

Red Cross Exit Skills: The skills listed below are the skills swimmers must have to exit each level. Please be sure that your child has successfully completed the previous level's skills prior to registering for the next sequential class.

<p>Preschool Aquatics Level 1 Enter and exit water safely Submerge mouth, nose and eyes for 3 seconds Blow bubbles through mouth and nose for 3 seconds Open eyes underwater, pick up submerged objects Float on front and back w/ support Swim on front and back using arm and leg actions w/ support Follow basic water safety rules Explore treading</p> <p>Level 1: Introduction to Water Skills Enter and exit water safely Blow bubbles underwater for 3 seconds Open eyes underwater, pick up submerged objects Float on front and back w/ support Swim on front and back using arm and leg actions w/ support Roll over from front to back and back to front Follow basic water safety rules Explore treading</p> <p>Level 2: Fundamental Aquatic Skills Enter water by stepping or jumping from the side Exit water safely using ladder or side Submerge entire head for 5 seconds Open eyes underwater, pick up submerged objects Bob 5 times Float on front and back for 15 seconds Perform front and back glide Finning on back for 5 body lengths Roll over from front to back, back to front Swim on front and back using combined strokes Change direction of travel while swimming Tread water using arm and leg motions for 15 seconds Safety Skills</p> <p>Level 3: Stroke Development Jump into deep water from the side Head-first entry from the side in sitting or kneeling position Bob with the head fully submerge Push off wall in streamline position and flutter kick Push off wall in streamline position and dolphin kick Perform survival float 30 seconds Black float 30 seconds Perform front and 15 yards Use rotary breathing in horizontal position Change from horizontal to vertical position on front and back Elementary backstroke for 15 yards Scissor kick for 10 yards Treading water 30 seconds Water Safety Skills</p>	<p>Level 4: Stroke Improvement Headfirst entry in compact and stride position Perform open turns on front and back Swim underwater Push off streamlined position using flutter kick Push off streamlined position using dolphin kick Perform the following: Survival swimming 30 seconds Front crawl 25 yards Elementary backstroke 25yards Back crawl 15 yards Breaststroke 15yards Butterfly 15yards Sidestroke 15 yards Tread water with 2 different kicks 2 minutes Water Safety Rules</p> <p>Level 5: Stroke Refinement Tread water 5 minutes Sculling 30 seconds Shallow dive, glide two body lengths and begin any front stroke Water Safety Rules Perform the following:</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">Pike surface dive</td> <td style="width: 50%;">Tuck surface dive</td> </tr> <tr> <td>Breaststroke 25 yards</td> <td>Butterfly 25 yards</td> </tr> <tr> <td>Front crawl 50yards</td> <td>Front flip turn</td> </tr> <tr> <td>Back crawl 25 yards</td> <td>Backstroke flip turn</td> </tr> <tr> <td>Elementary backstroke 50 yards</td> <td>Sidestroke 25 yards</td> </tr> </table> <p>Level 6: Personal Water Safety Tread water 2 minutes Survival float 5 minutes Survival swimming 10 minutes Back Float 5 minuets Water Safety Skills H.E.L.P. Position Huddle Position Surface dive and retrieve objects from the bottom Perform the following:</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">Feet-first surface dive</td> <td style="width: 50%;">Pike surface dive</td> </tr> <tr> <td>Tuck surface dive</td> <td></td> </tr> <tr> <td>Breaststroke 50 yards</td> <td>Breaststroke turn</td> </tr> <tr> <td>Front crawl 100 yards.....</td> <td>Flip turn & open turn</td> </tr> <tr> <td>Back crawl 50 yards.....</td> <td>Flip turn & open turn</td> </tr> <tr> <td>Butterfly 50 yards.....</td> <td>Butterfly turn</td> </tr> <tr> <td>Sidestroke 50 yards.....</td> <td>Sidestroke open turn</td> </tr> <tr> <td>Elementary backstroke 100 yards</td> <td></td> </tr> </table>	Pike surface dive	Tuck surface dive	Breaststroke 25 yards	Butterfly 25 yards	Front crawl 50yards	Front flip turn	Back crawl 25 yards	Backstroke flip turn	Elementary backstroke 50 yards	Sidestroke 25 yards	Feet-first surface dive	Pike surface dive	Tuck surface dive		Breaststroke 50 yards	Breaststroke turn	Front crawl 100 yards.....	Flip turn & open turn	Back crawl 50 yards.....	Flip turn & open turn	Butterfly 50 yards.....	Butterfly turn	Sidestroke 50 yards.....	Sidestroke open turn	Elementary backstroke 100 yards	
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