



SILVER BAY SWIMMING

Level 1- goals being comfortable in water

- Eyes down for 3 seconds with no goggles
- Holds breath for 3 seconds with no plugged nose
- Is comfortable laying on back without fighting

Level 3- goals being independent in water

- Pushes off the wall and kicks unassisted with eyes in for 3 seconds
- Can fall into the pool and kick to me unassisted
- Floats with proper form on back for 10+ seconds unassisted
- Uses shoulder to roll onto back and onto stomach assisted

Level 5- goals for water safety unassisted

- Can reach with big arms out of the water when kicking
- Does 3 consecutive sets of rolls using proper push off unassisted with arms moving
- Kicks with proper form on back for backstroke assisted
- Falls into the pool, can roll over to float and then swim back to the wall and climb out
- Can dive to retrieve toys from the bottom of the shallow end

Level 7- goals building endurance

- Swims backstroke the width of the pool unassisted
- Can swim freestyle the length of the pool with floats less than 3 seconds each
- Does 3 consecutive sets of rolls with 1 second floats
- Can hold arm up straight on side and kick fast assisted to start learning side breathing
- Starts using switching and high elbows for freestyle instead of big arms
- Does a standing dive into the deep end and swims back to the wall

Level 2- goals being confident in water

- Kicks with eyes down and proper head position on stomach assisted
- Comfortable with falling motion into pool with eyes down
- Floats with proper form for 10 seconds on back assisted
- Holds breath for 10 seconds with no plugged nose

Level 4- goals working on distance movement

- Can do a full push off, kick and then roll unassisted into a back float for 10 seconds using proper body position and form
- Also falls into pool and can roll into back float unassisted
- Does 3 consecutive sets of rolls assisted (kicks on stomach, rolls onto back, floats, rolls onto stomach and kicks)
- Starts to pull with arms while kicking

Level 6- may start using goggles for longer distance swimming

- Can swim freestyle the width of the pool unassisted with proper form, big arms and rolls
- Uses arms and kicks at the same time while swimming backstroke assisted
- Can do a sitting “dive” (headfirst fall from a seated position with hands above head) in the deep end and swim back to the wall

Level 8- goals tuning efficiency (less likely to be tired while swimming)

- Swims freestyle the length of the pool with side breath and high elbows (no roll overs)
- Can swim back stroke the length of the pool with proper form
- Does a block dive (from the starting blocks) and swims the length of the pool
- Starts frog kicks and timed breathing for breaststroke assisted

Level 9- Introduction to competitive swimming

- Can dive in and swim 50 freestyle (the length of the pool and back) using side breathing
- Swims 50 backstroke (the length of the pool and back) with proper push off and form
- Understands breaststroke pull/kick timing and can swim width of the pool unassisted
- Dives with good reaction time on cue from blocks
- Can butterfly kick assisted

Level 10- Learning stroke transitions

- Swims 100 (4 lengths of the pool) in proper freestyle and backstroke
- Can do a flip turn assisted from freestyle and backstroke
- Uses proper wall turns for breaststroke (which is the same for butterfly)
- Counts arm lengths successfully coming into the wall on backstroke
- Does butterfly arms above the water assisted

Level 11- All 4 swimming strokes

- Does a flip turn unassisted on both freestyle and backstroke
- Can swim butterfly unassisted the length of the pool
- Swims 100 (4 lengths of the pool) in breaststroke with proper turns and starts
- Dives and retrieves from the bottom of the deep end and returns to the wall

Level 12- Ready for higher competition

- Swims a 200 (8 lengths of the pool) in a stroke of their choice
- Swims a 100 IM unassisted (fly, back, breast, free; each 1 length of the pool consecutively)
- Uses proper starts and turns for all strokes
- Can swim a full practice lesson - these are sprinting paces with rest between
 - 2 x 25 free
 - 1 x 50 breast
 - 1 x 100 free
 - 2 x 50 back
 - 1 x 50 fly
 - 1 x 100 breast or back

Swimming words your child should know:

Eyes down: put your head down with your chin tucked and eyes fully underwater

Roll over: push your left shoulder downward to roll your body like a log to the other side (do not use your head to turn you)

Big arms: reach your arms in huge, full circles all the way underwater and up to the ceiling with no bent elbows

-When floating, if the child's' body is sinking, I use these words to correct the body position into proper floating form:

Chin up- point your chin up to the ceiling tilting your head back

Arms out- put your arms straight out to the side like airplane wings with your palms facing up

Shoulders back- arms out, shoulders need to be rotated backwards with chest pushed up

Toes down- push your feet down so that your whole foot and toes are under the water

*** 4 strokes***

Freestyle- on your stomach always

Backstroke- on your back always

Breaststroke- like a frog on your stomach

Butterfly- like a dolphin with wings on your stomach