



# **Orleans Recreation Swim Program**

## **Skills Level Assessments**

### **Level 1: Introduction to Water Skills:**

#### **Skills Covered:**

- \* Enter water using a ramp, steps or side
- \* Exit water using ladder, steps or side
- \* Blow bubbles for 3 seconds
- \* Bobbing, 5 times
- \* Open eyes under water and retrieve submerged objects
- \* Front glide and recover to a vertical position
- \* Back glide and recover to a vertical position
- \* Back float for 5 seconds
- \* Roll from front to back and back to front
- \* Treading water arm and hand actions
- \* Alternating and simultaneous leg and arm actions on front
- \* Alternating and simultaneous leg and arm actions on back
- \* Combined arm and leg actions on front
- \* Combined arm and leg actions on back

#### **Exit Assessment (Must be able to do to move onto Level 2)**

- \* Enter independently, travel at least 5 yards
- \* Bob 5 times, then safely exit the water.
- \* Glide on front at least 2 body lengths, roll to a back float for 5 seconds,



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## **Skill Level Assessments**

### **Level 2: Fundamental Aquatic Skills:**

#### **Skills Covered:**

- \* Fully submerge and hold breath
- \* Bobbing, 10 times
- \* Open eyes under water and retrieve submerged objects
- \* Rotary breathing
- \* Front, jellyfish and tuck floats for 10 seconds
- \* Front glide and recover to a vertical position
- \* Back glide and recover to a vertical position
- \* Back float for 15 seconds
- \* Roll from front to back and back to front
- \* Tread water for 15 seconds
- \* Change direction of travel while swimming on front or back
- \* Combined arm and leg actions on front
- \* Combined arm and leg actions on back

#### **Exit Assessment (Must be able to do to move onto Level 3)**

- \* Step from side into chest-deep water, push off the bottom, move into a treading or floating position for at least 15 seconds, swim on front and/or back for 5 body lengths, then exit the water.
- \* Move into a back float for 15 seconds, roll to front, then recover to a vertical position.
- \* Swim using combined arm and leg actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to front, then continue swimming for at least 5 body lengths.



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## **Skill Level Assessments**

### **Level 3: Stroke Development**

#### **Skills Covered:**

- \* Jump into deep water , submerge, return to the surface then to the side
- \* Bobbing while moving to safety
- \* Rotary breathing
- \* Survival float for 30 seconds
- \* Back float for 1 minute
- \* Tread water for 1 minute
- \* Change from vertical to horizontal position on front and back
- \* Swim front crawl for 15 yards
- \* Swim elementary backstroke for 15 yards
- \* Flutter, scissors, breaststroke, and dolphin kicks

#### **Exit Assessment (Must be able to do to move onto Level 4)**

- \* Jump into deep water , recover to the surface, maintain position by treading or floating for 1 minute, rotate one full turn, then turn as necessary to orient to the exit point, level off, swim front crawl and/or elementary backstroke for 25 yards, then exit the water.
- \* Push off in a streamlined position, then swim front crawl for 15 yards, change position and direction as necessary, swim elementary backstroke 15 yards, then exit the water.



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## **Skill Level Assessments**

### **Level 4: Stroke Improvement**

#### **Skills Covered:**

- \* surface dive
- \* Swim underwater
- \* Tread water, using 2 different kicks
- \* Survival swimming for 1 minute
- \* Front crawl for 25 yards
- \* Elementary backstroke for 25 yards
- \* Breaststroke for 15 yards
- \* Back crawl for 15 yards
- \* Butterfly for 15 yards
- \* Sidestroke for 15 yards
- \* Flutter and dolphin kicks on back

#### **Exit Assessment (Must be able to do to move onto Level 5)**

- \* Perform entry into deep water, swim front crawl for 25 yards, change direction and position as necessary, and swim elementary backstroke for 25 yards.
- \* Swim breaststroke for 15 yards, change direction and position as necessary, and swim back crawl for 15 yards.
- \* Submerge and swim a distance of 3 to 5 body lengths underwater without hyperventilating, return



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## Skill Level Assessments

### Level 5: Stroke Refinement

#### Skills Covered:

- \* Shallow-angle dive into deep water
- \* Tuck surface dive
- \* Pike surface dive
- \* Tread water for 5 minutes
- \* Tread water, using legs only, for 2 minutes
- \* Sculling for 30 seconds
- \* Front crawl for 50 yards
- \* Elementary backstroke for 50 yards
- \* Breaststroke for 25 yards
- \* Back crawl for 25 yards
- \* Butterfly for 25 yards
- \* Sidestroke for 25 yards
- \* Front flip turn
- \* Backstroke flip turn

#### Exit Assessment (Must be able to do to move onto Level 6)

- \* Perform a shallow-angle dive into deep water, swim front crawl for 50 yards, then swim elementary backstroke for 50 yards, using appropriate and efficient turning styles throughout.
- \* Swim breaststroke for 25 yards, change direction and position of travel as necessary, and swim back crawl for 25 yards, using appropriate and efficient turning styles throughout



# Orleans Recreation Swim Program

## Skill Level Assessments

### Level 6 : Endurance

#### Skills Covered:

- \* Front crawl for 100 yards
- \* Elementary backstroke for 100 yards
- \* Breaststroke for 50 yards
- \* Back crawl for 50 yards
- \* Butterfly for 50 yards
- \* Sidestroke for 50 yards

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