



# 2010 Swim Program Curriculum

## Parent/Tot - Under 3 Years:

### Parent/Tot Level 1 - Pink Ribbon

- A. Water Comfort
- B. Floating on front and back
- C. Kicking
- D. Submersion
- E. Gliding
- F. Bubble blowing
- Bonding time – fun, songs and games

### Parent/Tot Level 2 - Light Blue Ribbon

- A. Water Comfort
- B. Floating on front and back
- C. Kicking
- D. Submersion
- E. Climbing in and out of pool
- F. Jumping into pool
- G. Gliding to and from teacher
- H. Bubble blowing
- Bonding time – fun, songs and games

### Parent/Tot Level 3 - White Ribbon

- A. Water Comfort
- B. Floating on front and back
- C. Kicking on front and back
- D. Submersion
- E. Performing pop ups next to wall
- F. Climbing in and out of pool
- G. Jumping into pool
- H. Gliding to and from teacher
- I. Bubble blowing
- J. Arms used in scooper motion
- Bonding time – fun, songs and games

## Age 3 & Up - Beginner Water Comfort:

### Level 1 (all ages) - Red Ribbon

- A. Underwater - Fully Submerge Head
- B. Mouth bubbles - 3 to 5 seconds
- C. Push off wall (front glide) with assistance
- D. Back float with assistance
- E. Flutter kick correctly with assistance
- F. Climb out / jump in with assistance
- G. Demonstrate freestyle arms
- H. Safety recognition

### Level 2 (all ages) - Orange Ribbon

- A. Flutter kick front and back with assistance
- B. Nose bubbles - 3 to 5 seconds
- C. Front float with head submerged – 5 seconds
- D. Back float – 5 seconds
- E. Push off wall (front glide) with face in, chin down
- F. Back glide with assistance
- G. Demonstrate backstroke arms
- G. Climb out / jump in unassisted
- H. Safety Lesson

## Intermediate - Levels 3 to 5:

### Level 3 - Yellow Ribbon

- A. Demonstrate close to straight leg flutter kick
- B. Demonstrate 5 correct bobs
- C. Correctly perform rhythmic breathing width of pool
- D. Streamline off wall on front 3 – 5 feet
- E. Streamline off wall on back 3 – 5 feet
- F. Front glide with face in, roll to back float then to front float
- G. Jump in, swim to side and climb out unassisted
- H. Learn arm movement for elementary backstroke
- I. Safety and game participation

### Level 4 - Green Ribbon

- A. Demonstrate rotary breathing
- B. Swim underwater 15 feet
- C. Scull on back 1 width of pool
- D. Use streamline to push off wall into freestyle
- E. Use streamline to push off wall into backstroke
- F. Demonstrate whip kick 15 feet
- G. Swim 1 width of pool elementary backstroke
- H. Safety and game participation

### Level 5 - Blue Ribbon

- A. Swim 1 width freestyle with rotary breathing
- B. Forward somersault from standing
- C. Swim 1 width of pool backstroke
- D. Scull on front 1 width of pool
- E. Learn breaststroke arm placement and whip kick
- F. Learn butterfly kick and body motion
- G. Learn sidestroke hand placement and scissor kick
- H. Safety and game participation

## Advanced (45 min.) - Levels 6 to 8:

### Level 6 - Violet Ribbon

- A. Swim 1 width of pool sidestroke
- B. Demonstrate front flip turn while swimming freestyle
- C. Learn front flip turn while swimming backstroke
- D. Swim 1 width of pool breaststroke
- E. Swim 1 width of pool butterfly
- G. Swim 4 widths (2 lengths) of pool freestyle
- H. Swim 4 widths (2 lengths) of pool backstroke
- I. Demonstrate 2 hand touch turn

### Level 7 - Rainbow Ribbon

- A. Swim 8 widths (4 lengths) freestyle with flip turns
- B. Swim 8 widths (4 lengths) backstroke with flip turns
- C. Swim 4 widths (2 lengths) breaststroke using two hand touch turns
- D. Swim 2 widths (1 length) butterfly
- E. Swim 2 widths (1 length) sidestroke
- F. Swim 2 widths (1 length) sculling on front and back
- G. Endurance training for swimming 300 yards

### Level 8 - Magenta Ribbon

- A. Swim 4 lengths (individual medley) IM
- B. Swim 18 lengths freestyle (300 yards)
- C. Swim 1 width on back with appropriate size weight