

# Swim Lesson Skill Sheet

To move from dolphins to ducks, your child must be able to complete the following skills:

- blows bubbles continuously for 5 seconds
- is comfortable in the water without parents
- is able to put head under water
- is comfortable swimming in deep water
- is independent in the water for the duration of the class period
- can do proper front crawl arm motions
- can do proper kicks
- can jump unassisted into the water

To move from ducks to tadpoles, your child must be able to complete the following skills:

- is able to float with a floating device
- can flip from front to back (or back to front) in water
- can open eyes under water
- is able to blow bubbles through their nose
- is able to bob continuously
- can do proper front crawl arms
- can do proper flutter kicks
- can jump into the pool and swim to teacher
- can jump into the pool and swim back to the wall
- can swim 10 feet (stroke doesn't matter)

To move from tadpoles (or frogs) to turtles, your child must be able to complete the following skills:

- is able to do an unassisted front float
- is able to do an unassisted back float
- can recover from floating (on front and back)
- can do proper back crawl arm motions
- is able to do a proper front glide
- is able to do a proper back glide
- can front crawl unassisted for 15 yards
- can do a proper seated dive
- can do a proper kneeling dive
- is able to do proper rotary breathing

\*note: If your child is under the age of 6, they stay in tadpoles even if they pass. If your child passes tadpoles and turns 6, they skip frogs and move straight to turtles. If your child does not pass tadpoles and is over 5 years old, they move to frogs and continue with the skills taught in those classes.

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To move from turtles to fish, your child must be able to complete the following skills:

- can front crawl for 25 yards
- can use proper rotary breathing while front crawling for 25 yards
- is able to use elementary backstroke for 15 yards
- can do a standing dive
- Can swim back crawl for 25 yards
- is able to swim 6 feet underwater and retrieve an object
- can swim continuously in all depths of water

To move from fish to penguin, your child must be able to complete the following skills:

- can back crawl for 50 yards
- can front crawl for 50 yards
- can perform an elementary backstroke for 25 yards
- is able to breaststroke for 25 yards
- can tread water for 2 minutes
- can perform a proper standing dive

\*note: Fish is the hardest level for children to pass. It is very important for parents to practice the skills listed above to help children move to the next level. Once a child passes fish, they are able to move to octopus no matter what age they are.

To move from penguin to octopus, your child must be able to complete the following skills:

- is able to swim back crawl for 100 yards
- is able to swim front crawl for 100 yards
- is able to swim elementary backstroke for 100 yards
- is able to swim breaststroke for 50 yards
- can dolphin kick with help from a kickboard
- can demonstrate proper butterfly arms
- is able to surface dive and retrieve an object from the bottom of the pool
- can demonstrate a proper open front and back turn
- can tread water for 2 minutes

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Once your child becomes an octopus, they will be working on the following skills to complete their swimming lessons:

- can breaststroke for 200 yards
- can butterfly for 100 yards
- can front crawl for 200 yards
- can back crawl for 200 yards
- can elementary backstroke for 200 yards
- can do a proper flip turn after swimming front crawl for 50 yards
- can do a proper open turn after swimming breaststroke for 50 yards
- can go from backstroke to breaststroke by using a flip turn
- can tread water for 4 minutes
- can tread water for 1 minute without using their hands