

# CAMP SETTOGA - SWIM SKILLS/LEVELS

<p><b>BEGINNER - DOLPHINS - YELLOW BAND</b></p> <p>Enter water safely using ramp, steps or side  Exit water safely using ladder, steps or side  Enter water by jumping from side  Blow bubbles, 3 seconds  Front Float, 3 seconds  Back float, 3 seconds  Submerge mouth, nose and eyes  Open eyes underwater and retrieve submerged objects (in shallow water)  Front glide, 2 body lengths  Recover from a front glide to a vertical position  Back glide, 2 body lengths  Recover from a back float to a vertical position  Roll from front to back  Roll from back to front  Tread water using arm and hand action  Alternating leg action on front, 2 body lengths  Alternating arm action on front, 2 body lengths  Combined arm and leg actions on front, 2 body lengths  Alternating leg action on back, 2 body lengths  Alternating arm action on back, 2 body lengths  Combined arm and leg actions on back, 2 body lengths  Bobbing, 5 times  Front float, 5 seconds  Back float, 5 seconds  Tread water using arm and leg actions, 15 seconds (in shoulder-deep water)</p>	<p><b>INTERMEDIATE - FLYING FISH - GREEN BAND</b></p> <p>Enter water by jumping in (in shoulder-deep water)  Fully submerging and holding breath, 10 seconds  Bobbing, 10 times (in chest-deep water)  Bobbing while moving toward safety, 15 times (in chest-deep water)  Float in a face-down position, 10 seconds  Float in a face-down position - jellyfish float  Float in a face-down position - tuck float  Combined arm and leg actions on front, 5 body lengths  Combined arm and leg actions on back, 5 body lengths  Change direction of travel while swimming on front or back  Tread water, 30 seconds (in shoulder-deep water)  Push off in a streamlined position on front, then begin flutter kicking, 3 to 5 body lengths  Push off in a streamlined position on front, then begin dolphin kicking, 3 to 5 body lengths  Push off in a streamlined position on back, then begin flutter kicking, 3 to 5 body lengths</p> <p>Side breathing, 5 times  Side breathing, 10 times  Side breathing, 15 times</p> <p>Front crawl, 15 yards (arms/pull/flutter kick with Side Breathing)  Backstroke kick, 15 yards  Introduction of Backstroke arms - back kicking with proper arm technique  Elementary backstroke - kicks, 15 yards  Elementary backstroke - arms, 15 yards  Elementary backstroke, 15 yards  Breaststroke kick, 15 yards  Introduction of Breaststroke arms, 15 yards  Scissors kick, 15 yards</p> <p><b>Safety Topics:</b></p>	<p><b>ADVANCE - SHARKS - PURPLE BAND</b></p> <p>1 lap/width = 18 meters  Enter water by jumping from the side (into deep water), fully submerge, then recover to the surface and return to the side  Headfirst entry from the side in a sitting position (deep water)  Headfirst entry from the side in a kneeling position (deep water)  Tread water, 1 minute (in deep water)  Headfirst entry from the side in a stride position  Swim underwater, 3 to 5 body lengths (without hyperventilating)  Feet First surface dive, submerging completely  Front crawl open turn  Back crawl open turn  Tread water using 2 different kicks - 2 minutes  Front crawl, 25 yards (2 laps/width our pool = 36 meters)  Breaststroke, 15 yards (1 lap/width our pool = 18m)  Dolphins kicks, 15 yards (1 lap/width our pool = 18m)  Butterfly, 15 yards (1 lap/width our pool = 18m)  Push off in a streamlined position on back and begin flutter kicking, 3 to 5 body lengths  Push off in a streamlined position on back and begin dolphin kicking, 3 to 5 body lengths  Elementary backstroke, 25 yards  Back crawl, 15 yards (1 lap/width our pool = 18m)  Sidestroke, 15 yards (1 lap/width our pool = 18m)  Shallow-angle dive from the side  Shallow-angle dive, glide 2 to 3 body lengths and begin any front stroke  Tuck surface dive, submerging completely  Front flip turn while swimming  Backstroke flip turn while swimming  Tread water, 5 minutes</p> <p>Front crawl, 50 yards (3 laps/width our pool = 54 meters)</p>
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<p><b>Safety Topics:</b>  Staying safe around water  Recognizing the lifeguards  Don't Just Pack It, Wear Your Jacket  Recognizing an emergency  How to call for help  Too Much Sun Is No Fun  Look before you Leap</p> <p><b>EXIT SKILLS:</b>  1. Enter independently, using either the ramp, steps or side, travel at least 5 yards, submerge to mouth and blow bubbles for at least 3 seconds, then safely exit the water.</p> <p>2. While in shallow water, glide on front for at least 2 body lengths, then roll to back and float on back for 3 seconds, then recover to a vertical position.</p> <p>3. Swim using combined arm and leg actions on front for 3 body lengths, roll to back, float for 15 seconds, roll to front, then continue swimming on front for 3 body lengths.</p>	<p>Staying safe around water  Recognizing the lifeguards  Don't Just Pack It, Wear Your Jacket  Recognizing an emergency  How to call for help  Too Much Sun Is No Fun  Look before you Leap  Reach or Throw, Don't Go  The danger of drains  Developing breath control safely  Making good decisions—choosing an exit point</p> <p><b>EXIT SKILLS:</b>  1. Step from the side into chest-deep water, push off the bottom, move into a treading or floating position for 15 seconds, swim on front and/or back for 5 body lengths, then exit the water.</p> <p>2. Push off in a streamlined position then swim front crawl for 15 yards, change position and direction as necessary, swim elementary backstroke for 15 yards, then exit the water.</p>	<p>Breaststroke, 25 yards (2 laps/width our pool = 36m)  Butterfly, 25 yards (2 laps/width our pool = 36 m)  Elementary backstroke, 50 yards (3 laps/width our pool)  Back crawl, 25 yards (2 laps/width our pool = 36m)  Standard scull, 30 seconds  Sidestroke, 25 yards (2 laps our pool = 36m)  Introducing IM ( Butterfly, Backstroke, Breaststroke, and Freestyle)</p> <p><b>Safety Topics:</b>  Staying safe around water  Recognizing the lifeguards  Don't Just Pack It, Wear Your Jacket  Recognizing an emergency  How to call for help  Too Much Sun Is No Fun  Look before you Leap  Reach or Throw, Don't Go  The danger of drains  Developing breath control safely  How to call for help and the importance of knowing first aid and CPR  Recreational water illnesses  Think Twice Before Going Near Cold Water or Ice  Wave, Tide or Ride, Follow the Guide</p> <p><b>EXIT SKILLS:</b>  1. Perform a shallow-angle dive into water at least 8 feet deep, swim front crawl for 50 yards, then swim elementary backstroke 50 yards using appropriate and efficient turning styles throughout.</p> <p>2. Swim breaststroke for 25 yards, change direction of travel as necessary and then swim back crawl for 25 yards using appropriate and efficient turning styles throughout.</p> <p>3. IM - 4 strokes</p>
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