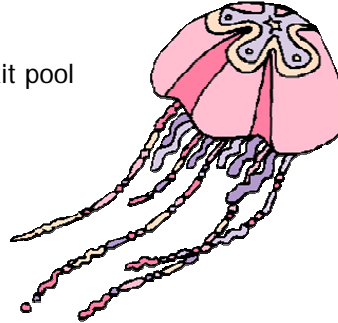


Swim Skill Sheet

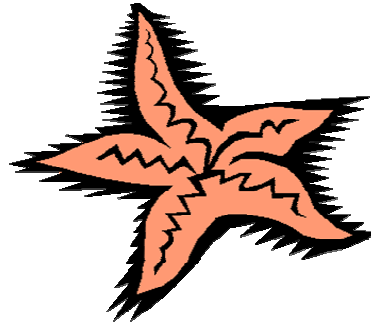
Jelly Fish (Pre-Level)

- * Submerge Face — 5 seconds
- * Bounce up & down (Bob) 10 times
- * Supported Float on Front
- * Bubble Blowing
- * Use ladders, steps , and side to enter and exit pool
- * Walk 5 yards in chest deep water
- * Supported kicking on front
- * Supported kicking on back
- * Alternating arms
- * Stand up
- * Bob to Safety
- * Change Positions



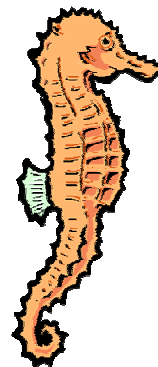
Starfish (Level 1)

- * Enter Water Alone
- * Submerge mouth, nose and eyes
- * Open eyes underwater, pick up submerged object held at arms length
- * Blow Bubbles through mouth and nose
- * Float on front assisted for 5 seconds
- * Stand up from front floating position with help
- * Float on back assisted for 5 seconds
- * Stand up from back floating position with help
- * Change direction while walking or paddling
- * Roll over from back with help
- * Roll over from front with help
- * Arm and hand movements with support
- * Demonstrate alternating arm/leg action 5 feet with support
- * Combined stroke using both arms and legs on front with support
- * Enter unassisted, move 5 yards, bob 5 times to chin level and safely exit the water



Seahorse (Level 2)

- * Enter water stepping or jumping from the side
- * Exit water safely using ladder or side
- * Submerge entire head for 5 seconds
- * 5 Bobs
- * Pick up object from bottom of pool 3 times
- * Float on front unassisted for 5 seconds
- * Front glide for 2 body lengths without help
- * Jellyfish float for 5 seconds
- * Stand up from front floating position without help
- * Float on back Unassisted for 5 seconds



(Seahorse continued)

- * Back glide for 2 body lengths without help
- * Stand up from back floating position without help
- * Change direction paddling on front or back without help
- * Roll over from front to back and back to front without help
- * Arm and leg movements in chest-deep water
- * Combined stroke on front for 15 feet without help
- * Finning and sculling on back without help for 10 feet
- * Combined stroke on back for 15 feet without support
- * Simultaneous and alternating leg action with help for 5 feet
- * Step from side into chest-deep water, move into a front float for 5 seconds, roll over to a back float, return to a standing position
- * Push off and swim using a combination of arm and leg actions for 15 feet on the front and back

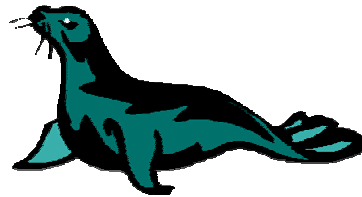
Blowfish (Level 3)

- * Jump into deep water from the side
- * Retrieve an object in chest-deep water
- * 5 deep water bobs
- * Rotary breathing in horizontal position
- * Front glide with 2 different kicks
- * Survival float for 30 seconds
- * Back glide with 2 different strokes
- * Back float for 30 seconds
- * Back glide with 2 different kicks
- * Back float for 30 seconds
- * Change position from vertical to horizontal on front and back
- * Tread water for 30 seconds in deep water
- * Front crawl 15 yards
- * Butterfly kick and body motion for 15 feet
- * Back crawl 15 yards
- * Jump into chest-deep water from the side, swim front crawl for 15 yards with face in the water and rhythmic breathing pattern to the side.
- * Maintain position by treading or floating for 30 seconds and swim back crawl for 15 yards



Seal (Skill Level 4 and Pre-Comp Swim Team Level I)

- * Jump into deep water from the side
- * Swim underwater for 3 body lengths
- * Feet-first surface dive to bottom
- * Survival float for 1 minute in deep water
- * Back float for 1 minute in deep water
- * Open turn on front, glide 2 body lengths before stroking
- * Open turn on back, glide 2 body lengths before stroking
- * Tread water for 1 minute in deep water
- * Front Crawl 25 yards
- * Breaststroke 15 yards
- * Butterfly 15 yards
- * Back Crawl 25 yards
- * Elementary backstroke 15 yards
- * Swim on side with scissor kick for 15 yards



(Seal and Pre-Comp Swim Team Level I)

- * Perform a feet-first entry into chest-deep water, swim front crawl for 25 yards, maintain position on back 1 minute in deep water and swim Elementary Backstroke 15 yards
- * Swim breaststroke for 15 yards, tread water for 1 minute and swim back crawl 25 yards, and breaststroke for 15 yards.
- * Swim breaststroke for 15 yards, tread water for 1 minute and swim back crawl for 25 yards

Dolphin (Skill level 5 and Pre-Comp Swim Team Level II)

- * Jump into deep water from the side
- * Swim underwater for 15 yards
- * Tuck and pick surface dive
- * Survival float for 2 minutes in deep water
- * Back float for 2 minutes in deep water
- * Front flip turn
- * Back flip turn
- * Tread water for 2 minutes in deep water using 2 different kicks
- * Front Crawl 50 yards
- * Breaststroke 25 yards
- * Butterfly 25 yards
- * Back Crawl 50 yards
- * Elementary backstroke 25 yards
- * Sidestroke 25 yards
- * Survival swimming 2 minutes
- * Perform a feet-first entry into deep water, swim front crawl for 50 yards, maintain Position on back 2 minutes in deep water and swim elementary backstroke 25 yards
- * Swim Breaststroke for 25 yards, tread water for 2 minutes and swim Back Crawl 50 yards

DOLPHIN ADVANCED PRE-COMP SWIM CLUB

Additional training and experience in the Pre-Comp Swim Club will prepare swimmers for joining an Age-Group Swim Team and will provide the skills required for additional competitive Swimming Experiences.