

CAMPER & PARENT SKILL LEVEL GUIDE

ESF AQUATICS PROGRAM HIGHLIGHTS

ESF AQUATICS STAFF: Our all adult staff is made up of certified lifeguards who are trained to teach our program, ESF counselors/coaches assist.

AQUATICS DIRECTOR: A seasoned Aquatics leader oversees ESF swimming program in pool area.

SWIM LEVELS: We have established skill levels and campers progress at their own pace.

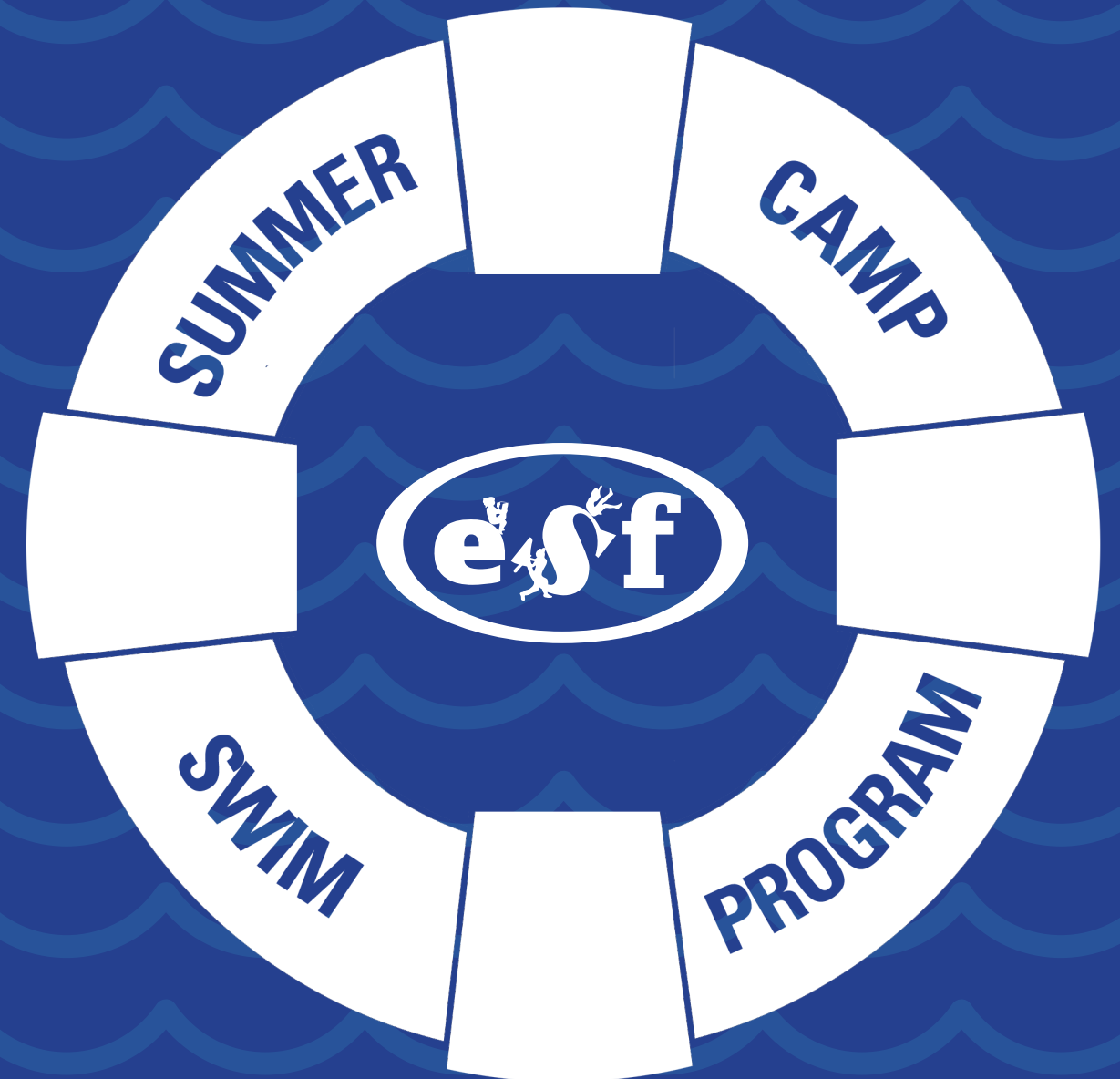
SKILL AND SAFETY TESTING: All Campers (alumni and first year campers) are tested on first day of camp for skill assessment and/or safety in deep water depending on age and skill level.

PROGRESS REPORTS: Parents are provided with updates on camper progress (weekly or upon request depending on age level).



ACH, CHP, MG, NFA, WAMS

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ESF AQUATICS PROGRAM

SWIMMING SKILL LEVELS

Level A - SEAHORSE

1. Pool rules & water safety
2. Blow bubbles
3. Water adjustment/water exploration
4. Enter/Exit water
5. Explore buoyance on front and back aided
6. Jump in aided
7. Front float aided
8. Back float aided
9. Hold on to edge of pool and travel to exit

Level B - STARFISH

1. Pool rules & water safety
2. 5 Bobs exhaling underwater
3. Put face in water
4. Introduction of flutter kick/flutter kick w/ kickboard
5. Front float independently (5 seconds)
6. Back float independently (5 seconds)
7. Introduction of freestyle-arms
8. Introduction of sculling on back
9. Rolling from front to back aided
10. Jump from pool edge, aided
11. Full submersion of body/head in water

Level C - GOLDFISH

1. Pool rules & water safety
2. 10 bobs exhaling & submerging
3. Rotary breathing (holding pool side) (5 times)
4. Front float independently (10 -15 seconds)
5. Back float independently (10 -15 seconds)
6. Front glide w/ face in water (body lengths)
7. Back glide-hands at side, overhead (2 body lengths)
8. Demonstrate freestyle arms, face in water (2 body lengths)
9. Combined stroke-elementary backstroke arms w/ flutter kick (2 body lengths)
10. Treading water-introduce/practice
11. Streamline- freestyle arms and flutter kick (4-6 strokes)
12. Enter pool, return to pool edge*

* adequate water depth needed

Level 1 - SUNFISH

1. Pool rules & water safety
- 2a. Freestyle w/ rotary breathing (10-15 ft.)
- 2b. Return with combined stroke (Elementary backstroke arms w/ flutter kick)
3. Streamline on front, back
4. Kick on back, hands at side w/ sculling
5. Freestyle arm motion w/ flutter kick
6. Freestyle with rotary breathing
7. Introduce/Practice Backstroke arms
8. Introduce underwater swimming
9. Practice treading water
10. Enter water; backfloat 10 seconds; return to wall

Level 2 - ANGELFISH

1. Pool rules & water safety
2. Freestyle -stroke coordination & development (25 yds.)
3. Backstroke -stroke coordination & development (25 yds.)
4. Elementary backstroke kick - intro/practice, (10-15 ft.)
5. Elementary backstroke arms, flutter kick (combined stroke) (25 yds.)
6. Swim underwater (shallow), retrieve objects
7. Tread water (1 minute)
8. Enter water, tread (1 min.), return to side

Level 3 - BLUEFISH

1. Pool rules & water safety
- 2a. Freestyle - continued practice/stroke development, swim 25 yds.
- 2b. Return with Backstroke-practice/stroke development
3. Elementary backstroke (25 yds.)
4. Introduction/practice of breaststroke kick (10-15 ft.)
5. Swim underwater, retrieve objects
6. Treading water (2 minutes)
7. Open turn on front
8. Introduction of survival float on back

Level 4 - TUNA

1. Pool rules & water safety
2. Freestyle (75 yards)
3. Backstroke (50 yards)
4. Elementary backstroke (25 yards)
5. Breaststroke arms/stroke coordination (20 ft.)
6. Survival Float - front (1 minute)
7. Introduction of feet-first surface dive
8. Treading water (3 minutes)
9. Open turn on front/back
10. Freestyle & Backstroke with open turns

Level 5 - MARLIN

1. Pool rules & water safety
2. Combined Swim-continued stroke development (75 yds.)
- 2a. Freestyle-continued stroke development (25 yds.)
- 2b. Backstroke-continued stroke development (25 yds.)
- 2c. Elementary Backstroke-continued stroke development (25 yds.)
5. Breaststroke-continued stroke development
6. Sidestroke scissor kick (25 yds.)
7. Practice survival float front/back (endurance)
8. Tread water hands only (1 minute)
9. Tread water feet only (1 minute)
10. Intro/practice breaststroke turn
11. Survival float 3 minutes (front, back, or combination)

Level 6 - ORCA

1. Pool rules & water safety
2. Combined swim, continued stroke development, (100 yds.)
- 2a. Freestyle (25 yds.)
- 2b. Backstroke (25 yds.)
- 2c. Elementary backstroke (25 yds.)
- 2d. Breaststroke (25 yds.)
3. Sidestroke arm action/stroke coordination (50 yds.)
4. Butterfly dolphin kick (25 yds.)
5. Survival on front (3 minutes)
6. Survival on back (3 minutes)
7. Tread water w/ various kicks (2 minutes)
8. Intro/Practice front flip turn
9. Treading/Survival floating 8 minutes (2 min. intervals)

Level 7 - DOLPHIN

1. Pool rules & water safety
2. Combined swim, continued stroke development, (100 yds.)
- 2a. Butterfly (25 yds.)
- 2b. Backstroke (25 yds.)
- 2c. Breaststroke (25 yds.)
- 2d. Freestyle (25 yds.)
3. Sidestroke-continued stroke development, (25 yds.)
4. Elementary backstroke-continued stroke development, (25 yds.)
5. Butterfly arm action/stroke coordination (25 yds.)
6. Intro/practice back flip turn
7. Self-Rescue-swim with clothes
8. Self-Rescue - creation floatation devices w/ clothing
9. Swim 200 yds-choice of strokes
10. Treading/Survival floating - 16 minutes

After Level 7 - CUSTOMIZED SWIMMING & STROKE DEVELOPMENT