

# 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).



GL, GP, HV, LV, RS, RV, TR

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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. Jumping in, 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. Sit Dive \*
11. Jump into water; backfloat 10 seconds; return to wall\*

\* adequate water depth needed

### 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. Jump in-to deeper water, tread (1 min.), return to side\*
9. Kneeling Dive\*

\* adequate water depth needed

### 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 (4-5 ft.)\*
6. Treading water (2 minutes)
7. Standing Dive\*
8. Open turn on front
9. Introduction of survival float on back

\* adequate water depth needed

### 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. Shallow racing dive\*
7. Survival Float - front (1 minute)
8. Introduction of feet-first surface dive
9. Treading water (3 minutes)
10. Diving\*
11. Open turn on front/back
12. Freestyle & Backstroke with open turns

\* adequate water depth needed

### 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. Surface Diving - Head first\* (pike and tuck)
9. Tread water hands only (1 minute)
10. Tread water feet only (1 minute)
11. Intro/practice breaststroke turn
12. Survival float 3 minutes (front, back, or combination)

\* adequate water depth needed

### 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)

\* adequate water depth needed

### 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. Long, shallow dive (racing dive)\*
7. Intro/practice back flip turn
8. Self-Rescue-swim with clothes
9. Self-Rescue - creation floatation devices w/ clothing
10. Swim 200 yds-choice of strokes
11. Treading/Survival floating - 16 minutes

\* adequate water depth needed

### After Level 7 - CUSTOMIZED SWIMMING & STROKE DEVELOPMENT