

2019 Camp Briar Hill Swim Levels

Red Cross Level	Camp Briar Hill Swim Levels		
<p style="text-align: center;">1</p> <p style="text-align: center;">Introduction To Water Skills</p>	<p style="text-align: center;">(a) Guppy</p> <ol style="list-style-type: none"> 1. Enter and exit water safely 2. Bobbing 3. Blow bubbles 4. Open eyes under water and retrieve submerged objects 5. Front and back glides and floats 	<p style="text-align: center;">(b) Minnow</p> <ol style="list-style-type: none"> 1. Roll from front to back and back to front 2. Recover to vertical position 3. Tread water using arm and hand actions 4. Alternating and simultaneous leg actions on front and back 5. Alternating and simultaneous arm actions on front and back 	<p style="text-align: center;">(c) Goldfish</p> <ol style="list-style-type: none"> 1. Combined arm and leg actions on front and back 2. Learn how to stay safe, including recognizing an emergency and knowing how to call for help 3. Use a life jacket 4. Exit skill 1: Enter water unassisted, move 5 yards, bob 3 times, then safely exit the water 5. Exit skill 2: Glide on front 2 body lengths, roll to a back float for 3 seconds and recover to vertical position
<p style="text-align: center;">2</p> <p style="text-align: center;">Fundamental Aquatic Skills</p>	<p style="text-align: center;">(a) Clownfish</p> <ol style="list-style-type: none"> 1. Enter and exit water by stepping or jumping from the side 2. Fully submerge head and hold breath 3. Bobbing 4. Open eyes under water and retrieve submerged objects 5. Front jellyfish and tuck floats 	<p style="text-align: center;">(b) Seahorse</p> <ol style="list-style-type: none"> 1. Front and back glides and floats 2. Recover to vertical position 3. Roll from front to back and back to front 4. Change directions of travel while swimming on front or back 5. Tread water using arm and leg actions 	<p style="text-align: center;">(c) Starfish</p> <ol style="list-style-type: none"> 1. Combined arm and leg actions on front and back 2. Finning arm action 3. Safety skills: recognizing an emergency, knowing how to call for help, perform non-swimming assists, using a life jacket, pool rules 4. Exit Skill 1: Step from side into chest-deep water, move into a front float for 5 seconds, roll over to a back float for 5 seconds, then return to vertical position 5. Exit Skill 2: Move into a back float for 5 seconds, roll to a front float, then recover to a vertical position 6. Exit Skill 3: Push off wall and swim using a combination of arm and leg actions on front for 5 body lengths, float for 15 seconds, then continue swimming for 5 body lengths
<p style="text-align: center;">3</p> <p style="text-align: center;">Stroke Development</p>	<p style="text-align: center;">(a) Pufferfish</p> <ol style="list-style-type: none"> 1. Jump into deep water from the side 2. Dive from sitting and kneeling positions into 9 feet of water 3. Bobbing in 9 feet of water 4. Rotary breathing 5. Survival float 	<p style="text-align: center;">(b) Swordfish</p> <ol style="list-style-type: none"> 1. Back float 2. Change from vertical to horizontal position on front and back 3. Tread water in 9 feet of water 4. Flutter, scissor, dolphin, and breaststroke kicks on front 	<p style="text-align: center;">(c) Stingray</p> <ol style="list-style-type: none"> 1. Front crawl 2. Elementary backstroke 3. Learn to look carefully before entering the water 4. Learn to perform simple non-swimming assists 5. Learn to recognize, prevent, and respond to cold water emergencies 6. Exit Skill 1: Demonstrate competency in all required skills and activities 7. Exit Skill 2: Jump into chest-deep water from the side, swim front crawl for 15 yards (with face in water) and rhythmic breathing patterns, maintain position by treading water for 30 seconds, back crawl for 15 yards
<p style="text-align: center;">4</p> <p style="text-align: center;">Stroke Improvement</p>	<p style="text-align: center;">(a) Dolphin</p> <ol style="list-style-type: none"> 1. Diving entry from the side in compact and stride positions in 9 feet of water 2. Swim under water 3. Perform feet-first surface dive 4. Survival swimming 5. Front crawl and backstroke open turns 6. Tread water using two different kicks 		<p style="text-align: center;">(b) Barracuda</p> <ol style="list-style-type: none"> 1. Front and back crawl, elementary backstroke, breast stroke, side stroke, and butterfly 2. Flutter and dolphin kicks on back 3. Use safe diving rules, water safety rules, and perform throwing assists 4. Perform compact jump while wearing a life jacket 5. Perform: front crawl and elementary backstroke (25 yards), breaststroke and back crawl (15 yards), butterfly and sidestroke 6. Exit Skill 1: Perform a feet-first entry into chest-deep water, swim front crawl for 25 yards, change direction and maintain position on back for 1 minute in deep water (float or sculling) and swim elementary backstroke for 15 yards 7. Exit Skill 2: Swim breaststroke for 15 yards, change direction and swim back crawl for 15 yards
<p style="text-align: center;">5</p> <p style="text-align: center;">Stroke Refinement</p>	<p style="text-align: center;">(a) Piranha</p> <ol style="list-style-type: none"> 1. Shallow angle dive from side of pool, then glide and begin a front stroke 2. Tread water with two different kicks (2 minutes) 3. Learn survival swimming (2 minutes) 4. Survival floating (2 minutes) 5. Sculling 6. Water safety, non-swimming assists, calling for help, waterpark safety, helping others in water 	<p style="text-align: center;">(b) Shark</p> <ol style="list-style-type: none"> 1. Standing dive, shallow dive, glide two body lengths and begin any front stroke 2. Side stroke, elementary backstroke (25 yards) 3. Tuck and pike surface dives 4. Front and back flip turns 5. Front and elementary backstroke (50 yards) 6. Breaststroke and back crawl (25 yards) 7. Butterfly (15 yards) 8. Exit Skill 1: Perform a shallow dive into deep water, swim front crawl for 50 yards, change direction, and swim elementary backstroke for 50 yards 9. Exit Skill 2: Swim breaststroke and backstroke for 25 yards 	