

# **BLUE LEVELS - SWIM SAFE**

**TAUGHT IN GROUP CLASSES OR PRIVATE ONE ON ONE**

## **Level 1**

### **Mr. Blue's 5 day swim program**

**Holding breath underwater**

**Choo-chooing along the wall**

**Back floating with assistance**

**Arms (reach and pull), Kick legs moving towards the wall**

**Retrieve objects from the bottom with assistance**

**Independent recovery to the wall (with clothes)**



## **Level 2**

**Stroke development includes beginning arms and legs combined**

**Independent floating and rollover to front**

**Increased swimming distance**

**Independent jump and recovery back to the wall, stairs or ladder**

**Increased distance from wall of retrieving objects from the bottom**

## **Level 3**

**Front ready/back ready positions**

**Refined technique of arms and legs**

**Increased swimming distance**

**Independent jump**

**Prolonged float on back with rollover to front/streamline kick**

**Retrieve objects from the bottom with increased depth**

**Independent breathing**

# GREEN LEVELS - SWIM SKILLS

TAUGHT IN GROUP CLASSES OR PRIVATE ONE ON ONE



## LEVEL 1

BOBBING WITH BUBBLES  
INDEPENDENT FRONT BREATH  
BEGINNINGS FLOAT AND ROLL OVER  
INDEPENDENT STREAMLINE AND ROLL OVER ONTO BACK  
BEGINNING FREESTYLE WITH HIGH ELBOW PLACEMENT  
BEGINNING STAGES OF FREESTYLE ARMS AND BREATH

## LEVEL 2

BOBBING AND BEGINNING BREATHING  
PROPER ARM PLACEMENT IN FREESTYLE  
SIDE GLIDE KICK AND BREATHING ON SIDE, STREAMLINE KICK  
AND BREATHE ON SIDE EXERCISE  
INDEPENDENT JUMP AND PROLONGED BACK FLOATING  
BACK STREAMLINE OFF WALL WITH BACK SHOULDER MOVEMENT

## LEVEL 3

ADVANCED FREESTYLE WITH 3 STROKES & ALTERNATE BREATHING  
FLIP TURNS  
BACKSTROKE SHOULDER WORKOUT  
BACKSTROKE  
DOLPHIN AND BREAST STROKE KICKS  
CONTINUOUS LAP SWIMMING

# **YELLOW LEVELS - SWIM TEAM**

**TAUGHT IN GROUP CLASSES OR PRIVATE ONE ON ONE**

## **LEVEL 1**

**RHYTHMIC BREATHING – CONTINUOUS BOBBING  
STREAMLINE KICK BOTH FRONT AND BACK WITH KICK  
FREESTYLE AND BACK STROKE EXERCISE IN LAPS  
BREAST STROKE BREAK DOWN  
BREAST STROKE KICK  
BREAST STROKE ARMS AND BREATH  
BREAST STROKE COMPLETE  
TREADING WATER FOR ONE MINUTE**



## **LEVEL 2**

**FREESTYLE AND BACK STROKE EXERCISES  
BREAST STROKE EXERCISE  
STREAMLINE DOLPHIN KICK  
BUTTERFLY BREAK DOWN  
BUTTERFLY LAPS  
TREADING FOR 1 TO 5 MINUTES (CHANGING BODY POSITIONS)**

## **LEVEL 3**

**LONG DISTANCE CONTINUOUS SWIMMING OF: FREESTYLE,  
BACKSTROKE, BREASTSTROKE, BUTTERFLY  
SHORT DISTANCE RACING: FREESTYLE, BACKSTROKE,  
BREASTSTROKE, BUTTERFLY  
INDIVIDUAL MEDLEY SWIM TRAINING/COMPETITIVE SWIM  
TRAINING & RELAY SWIMMING**