



Bluefish Swim Club Swim Lessons Class Graduation Requirements

One Fish:

- 10 Bobs
- Float on Front **or** Back for 10 seconds un-assisted
- Kick on Front **or** Back for 30 seconds un-assisted

Two Fish:

- Float on Front **and** Back for 10 seconds
- 50 yard kick on Front **and** Back with a Board
- Blastoffs (streamline position) across stairwell section Front and Back

Three Fish:

- 100 yard Freestyle and Backstroke Kick w/board
 - (MUST BE STRAIGHT LEG KICK!)
- 50 yard 6 Kick Switch w/board Front and Back unassisted
- 25 yard Freestyle swim w/basic rotary breathing w/out board
- 25 yard Backstroke swim w/out board

Level 1:

- 10 Bobs
- Float Front **and** Back 10 seconds
- 25 yard Kick w/board Front **and** Back
- Blastoffs (hands at sides) Front **and** Back across stairwell section

Level 2:

- 100 yard Kick w/board Front and Back
 - (MUST BE STRAIGHT LET KICK!!!)
- 50 yard Kick on Back no board hands at side
- 50 yard 6 Kick Switch w/board Front and Back unassisted
- 25 yard Freestyle swim w/basic rotary breathing w/out board
- 25 yard Backstroke swim w/out board
- Blastoffs (streamline position) Front and Back from wall past flags

Level 3:

- 50 yard Freestyle Kick w/no board on side(one arm up, one arm down)
- 50 yard Backstroke no board streamline position (hands above head one hand on top of the other).
- 100 yard Freestyle swim; with mastered rotary breathing
 - (Breathing to both sides- NO PICKING HEAD UP TO BREATHE!).
- 100 yard Backstroke swim arms must be opposed; arms must not be parallel

Level 4:

- 200 yard Freestyle swim
- 100 yard Individual Medley (I.M.) 25 yards swim of each competitive stroke
 - Butterfly, Backstroke, Breaststroke and Freestyle.
- 50 yard Kick w/board legal Breaststroke and Butterfly