

## **Swim School Assessment Tool**

### **Swim School 1:**

- Minimum Age 4 yrs old to enter this level
- Is comfortable leaving Mom/Dad to go with a swim coach
- Is eager to try new skills
- Can submerge completely and exhale under water
- Can perform a Back Float for 5 seconds unassisted
- Can perform a Front Float with face in water for 5 seconds unassisted
- Is comfortable jumping into shallow water
- Dog Paddle unassisted 5 meters (*preferred but not mandatory*)

### **Swim School 2:**

- Can demonstrate dog paddle blowing bubbles 10 meters unassisted
- Can tread water for 30 seconds comfortably in Deep water
- Can comfortably float both Front and Back in Deep water *unassisted*
- Can perform consistent flutter kick 20 meters with a kickboard
- Can perform Back Swim (hands at sides) 15 meters
- Is comfortable jumping into Deep water
- Average age for this level is 5yrs

### **Swim School 3:**

- Can demonstrate over arm recovery for Freestyle (Front Crawl) 15m with face in the water.
- Is attempting side breathing on Freestyle (Front Crawl) 15m
- Beginning to show breathing pattern with Freestyle
- Can demonstrate over arm recovery for Backstroke 15m
- Can tread water (Deep End) for 60 seconds
- Average Age for this level is 6yrs

## **JOW Requirements**

### **Jr. Olympic Way (JOW):**

The following are the minimum requirements to enter JOW. JOW is our first competitive level and is a full-season program running September to June. Swimmers practice 2x week for 60 minutes each time. They will practice the skills needed to prepare them for their first races. They will learn skills for all 4 racing strokes, Freestyle, Backstroke, Breaststroke, and Butterfly. JOW will typically participate in half day swim meets, approximately 1 competition every 6 weeks.

**Please Note: Due to Covid all swimming competitions are on hold until January 2021 at the earliest. Swimmers will continue to practice as usual and do "in house" racing until the pools allow for Swim Competitions.**

### **Skills Needed:**

- 50 meters of Freestyle (Front Crawl) with continuous arm action, flutterkick and consistent breathing pattern (inhaling to the side)
- 50 meters of Backstroke with continuous arm action and flutterkick
- 100 meters any stroke continuous swimming (endurance skill)
- Front dive into deep water
- Breaststroke kick 25 meters
- Dolphin kick 25 meters
- Demonstrate a forward somersault
- Interest in racing

Please view the available [video](#) to see the JOW skill requirements in action.