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Rochester Orcas and Swim America Skills Progression

Level 1 – BUBBLES	Level 5 - FREESTYLE
<ul style="list-style-type: none">• Gradual water adaptation• Movement in the water• Breath holding and release• Submersion of the face• Blowing bubbles• Orca Bobs with bubbles & air exchange• 1-10 relaxed Orca Bobs	<ul style="list-style-type: none">• Crawl stroke with breathing• Backstroke• Dolphin Kick• Horizontal headfirst sculling• Crawl stroke with breathing (30 feet minimum of 4 breaths)
Level 2 – FLOATS & GLIDES	Level 6 - BACKSTROKE
<ul style="list-style-type: none">• Front float and recover• Back float and recover• Front glide and recover• Back glide and recover• Jumping Orca Bobs• Safe swim to the wall with independent breath	<ul style="list-style-type: none">• Sitting dive• Kneeling dive• Standing dive• Breaststroke arms• Breaststroke kick• Butterfly arms• Swim freestyle 25 yards• Swim backstroke 25 yards
Level 3 - KICKING	Level 7 – BREASTSTROKE & BUTTERFLY
<ul style="list-style-type: none">• Front kick, glide and recover• Back kick, glide and recover• Safety rollover• Straight leg kicking with kickboard• Front kick – 15 feet• Back kick – 15 feet	<ul style="list-style-type: none">• Full breaststroke swim• Full Butterfly swim• Somersaults• Swim freestyle – 50 yards• Swim backstroke – 50 yards
Level 4 – CRAWL STROKE	
<ul style="list-style-type: none">• Streamline rollover – front to back, back to front• Finning and sculling• Crawl armstroke• Side-glide-kick – 20 feet• Crawl stroke – 20 feet	