

seahorse Swim School

**SCHOOL AGE SWIM PROGRESSION
REQUIREMENT FOR CLOVIS SWIM CLUB:
GRADUATION FROM LEVEL 6 AND SHOULD BE 6 YEARS OLD**



LEVEL 1 - BUBBLES: Breath Holding and Release, Submersion Of Face, Open Eyes Under Water, Blowing Bubbles, Face Down In Prone Position Supported, Wall Bobs, Safety Rules

TO EXIT TO THE NEXT LEVEL: 10 Wall Bobs.



LEVEL 2 - FLOATING: Front Float and Recover, 5 Sec, Front Glide and Recover, Back Float and Recover, 5 Sec, Back Glide and Recover, Jumping Bobs, Streamline bobs, Balance Buttons.

TO EXIT TO THE NEXT LEVEL: Jumping Bobs, Front Glide, Back Glide.



LEVEL 3 – KICKING: Front Kicking, Back Kicking, Rollover Front to Back-Back to Front, Seesaw, Dolphin Kick, Kicking on Side with Board, Kicking On Side with Breath, Traveling Bobs.

TO EXIT TO THE NEXT LEVEL: 5 Sitting Bobs, Front Kicking 5 sec, Back Kicking 15 Feet.



LEVEL 4 - KICK AND ROLL: 3 Counting Sitting Bobs, Backwards Bob, Somersault, Forward and Back, Kick On Side Without Board, Hand Sculling Touch Feet To Bottom, 12 Kick Roll, 6 Kick Roll Back Kick Streamline.

TO EXIT TO THE NEXT LEVEL: Backwards Bobs, 6 Kick Roll, 12.5 Yards, Back Kick Streamline, 15 Feet.



LEVEL 5 - FREE AND BACK: Freestyle with Side Breathing, Backstroke, Handstand, Double Somersault, 5 Penny Pickup, Arm Circle Jump, Egg Beater Kick, Sculling, Back Kick On Side, Snap Roll, Rifle Drill, Back 6 Kick Roll, Back 12 Kick Roll, Back 6 Kick, Rifle, Roll.

TO EXIT TO THE NEXT LEVEL: 12 Yards Freestyle with Side Breathing, 12.5 Yards Back Rifle Drill, Sculling 15 Feet.



LEVEL 6 – SWIMMING: Extended Freestyle, Back Stroke, Tread Water Using Egg Beater, Arm Circle Dive, Handstand, Flip, Streamline, Freestyle Flip Turn, Back Arm Swing, Rifle Drill 25 Yards, Free Breathing Every 3rd Stroke.

TO EXIT TO THE NEXT LEVEL: 50 Freestyle with Flip Turn, 25 Yards Backstroke.