



# Stroke Levels

## Stroke 1

Skills:

- Proper kicks on front and back with kickboard
- Learn mechanics of backstroke with fins and equipment
  - Backstroke with straight leg kicks and good arm pulls
  - Backstroke with fins
- Learn mechanics of freestyle with fins and equipment
  - High elbows
  - Correct arm pull
  - Correct side breathing/head position

Goals to Move to Stroke 2:

- ★ 4 lengths backstroke with no fins
- ★★ 2 lengths freestyle with fins breathing every three
- ★★★ 2 lengths of kickboard with no fins
- ★★★★ 2 lengths elementary backstroke

## Stroke 2

Skills:

- 4 lengths of perfect backstroke with straight leg kicks
- Perfect shark fin arms, side breathing, and correct body position
- Side breathe to the side independently
- Work on bilateral breathing
- 4 lengths of perfect elementary backstroke
- 3 lengths consecutive freestyle without fins

Goals to Move to Stroke 3:

- ★ 4 lengths perfect backstroke
- ★★ 3 lengths freestyle w/ bilateral breathing no fins
- ★★★ 4 lengths elementary backstroke

## Stroke 3

### Skills:

- Completes four consecutive lengths
  - Freestyle
  - Backstroke
  - Elementary Backstroke
- Knows and can perform backstroke, freestyle, and elementary backstroke drills
- Learn mechanics of breaststroke with equipment
  - Breaststroke kick with kickboard
  - Correct breathing and kick with kickboard
  - Breaststroke arms with equipment
  - Breaststroke arms, kick, and glide with equipment
  - Breaststroke arms, kick, and glide by self
- Learn mechanics of butterfly with equipment
  - Dolphin kick
  - Arm drills
  - Introduction to flip turns

### Goals to Move to Stroke 4:

- ★ 4 lengths freestyle w/ bilateral breathing
- ★★ 4 lengths breast stroke
- ★★★ Dolphin kick with arm drills
- ★★★★ Introduction to flipturns

## Stroke 4

### Skills:

- 4 lengths perfect backstroke
- 4 lengths perfect freestyle
- 4 lengths perfect breaststroke
- 4 lengths perfect elementary backstroke
- 2 lengths of dolphin kick
- 2 lengths butterfly arm drills
- 2 lengths perfect butterfly with fins
- 2 lengths perfect butterfly without fins
- Breaststroke power pull
- Knows and can perform breaststroke and butterfly drills

### Goals to Graduate:

- ★ 2 lengths perfect butterfly
- ★★ Free/back flipturn and breast/fly 2 hand touch and glide
- ★★★ Can swim an individual medley (Fly, back, breast, free)