

STROKE LEVELS

STROKE 1 is the first class where the children learn to move through the water using strokes. In this level we start to teach the mechanics of the backstroke and freestyle. When introducing backstroke and freestyle, fins are used to promote the correct body position and correct flutter kick (straight leg kicks with legs close together).

***Average number of times 12-18 months**

Skills:

- Proper kicks on front and back with kickboard
- Knows and can perform backstroke and freestyle drills with fins
- Learn mechanics of backstroke with fins
 - Backstroke with straight leg kicks and good arms
 - Backstroke with fins
- Learn mechanics of freestyle with fins and equipment (kickboards, coins)
 - Side-kicks and side breathing
 - One arm and two arm freestyle with side breath

Drills:

- Backstroke: D1-D6 w/fins
- Freestyle: D1-D5 w/fins

Goals to Move to Stroke 2:

- ★ 4 lengths kickboard kicks (with fins)
- ★★ 4 lengths backstroke (with fins)
- ★★★ 4 lengths freestyle, breathing every two (with fins)

STROKE 2 is used as a stepping stone for children who have already accomplished the correct body position, kicks and arm movements for backstroke and freestyle with fins. As students learn the proper technique, the fins are slowly removed. Students work on swimming freestyle with no fins and are taught bilateral rhythm breathing (breathing every three strokes).

***Average number of times 9-12 months**

Skills:

- Proper kicks on front with kickboard and no fins
- Knows and can perform backstroke and freestyle drills with no fins
- Work on bilateral breathing (breathing every three)
- 2 lengths consecutive freestyle with no fins

Drills:

- Backstroke: D1-6 w/o fins
- Freestyle: D6 w/fins (must do this first)
- Freestyle: D1-6 w/o fins

Goals to Move to Stroke 3:

- ★ 2 lengths kickboard kicks (no fins)
- ★★ 4 lengths backstroke (no fins)
- ★★★ 2 lengths freestyle with bilateral breathing (no fins)

STROKE LEVELS

STROKE 3 is the level in which we work on endurance while swimming the backstroke and freestyle. Your child already has confidence and the well-developed skills from our Stroke 1 and Stroke 2 levels. In this class we start to teach the mechanics of breaststroke and dolphin kick with arms.

***Average number of times 9-12 months**

Skills:

- Completes four consecutive lengths
 - Backstroke
 - Freestyle
- Learn mechanics of breaststroke with equipment
 - Breaststroke kick with kickboard
 - Correct breathing and kick with kickboard
 - Breaststroke arms with equipment (noodle)
 - Breaststroke arms, kick, and glide with equipment (noodle)
 - Breaststroke arms, kick, and glide by self
- Learn mechanics of butterfly with equipment
 - Dolphin kick
 - Arm drills

Drills:

- Freestyle: Technique and endurance (fine tuning using specific drills as needed)
- Breaststroke: D1-D6
- Butterfly: D1-D4

Goals to Graduate:

- ★ 4 lengths freestyle with bilateral breathing
- ★★ 4 lengths breast stroke
- ★★★ Dolphin kick with arm drills

PRE-TEAM: Pre-Team is for swimmers who have been recommended to graduate from Children of the Sea and are interested in swim team. Training is focused on endurance and drills for freestyle, backstroke, breast stroke and butterfly. Stream line, circle swimming, flip turns, and touch turns will be introduced.