

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. Backstroke and freestyle are first taught using the large fins and equipment. As they accomplish the strokes the fins are slowly removed.

***Average length of time: 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, with no equipment, breathing every two (with fins)

STROKE 2 is used as a stepping stone for children who have already learned the backstroke and freestyle with fins but still working on swimming one (or both) of these strokes without fins. Students work on swimming freestyle with no fins and are taught bilateral rhythm breathing (breathing every three strokes). They should be able to get their elbows completely out of the water when doing their shark fin and roll to their side with their head on their arm to side breathe. In order to move up to Stroke 3, they MUST be able to swim 2 lengths of freestyle with perfect side breaths and good kicks.

***Average length of time: 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 consecutive freestyle with bilateral breathing (no fins)

STROKE LEVELS

STROKE 3 is the final level at Children of the Sea. 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 an introduction to butterfly arm drills.

***Average length of time: 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: D5
- Butterfly: D5

Goals to Graduate:

- ★ 4 lengths freestyle with bilateral breathing
- ★★ Intro to Breaststroke
- ★★★ Intro to Butterfly