

# **TWIN SPRING FARM SWIM PROGRAM**

## **BEGINNER**

### **Goldfish**

- Follows Directions
- Knows Basic Pool Rules
- Can independently enter water safely
- Can walk on wall with hands
- Blow Bubbles
- Kick on Wall

### **Tadpole**

- Puts face in water
- Jumps of side with assistance
- Play water games
- Kick with kick board
- Introduction to horizontal swimming with assistance/IFD
- Gained Self-confidence

### **Frog**

- Front Float with kick board
- Back Float with kick board
- Bobs 3 times consecutively
- Sit on the bottom of the pool (2.5 to 3.5 ft)
- Doggie paddle without assistance 8 - 10 ft
- Jump off the side without assistance

### **Seahorse**

- Float Back with no assistance 5 - 10 secs
- Push of the wall enter into a front float
- Introduce and reinforce streamline
- Doggie Paddle no assistance 15 - 20 ft -Arms beginning to form freestyle, starting to swim with head submerged
- Introduce Rhythmic Breathing - Reinforcing alternating breathing when swimming
- Introduce Bicycle Kick (Preparation for Treading)
- Kick and Paddle on back for 8 feet

### **Jellyfish**

- Jumps into pool at 5 ft.
- Safety Bobbing at 5 ft.
- Streamline kicking on front
- Streamline kicking on back
- Beginner Freestyle for 45 - 50 feet with face submerged and beginner breathing techniques
- Combined Water skills

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### **INTERMEDIATE**

**Turtle** Transition to Intermediate  
Front Float without assistance  
Back Float without assistance  
Push off wall into Streamline Position front  
Push off wall into Streamline Position back  
Kicking on back  
Symmetrical Alternating Arms on front for ½ of the pool 12.5 yards  
Demonstrates beginner Rhythmic breathing  
Introduction of alternating arms while bicycle kicking (the foundation of treading water)  
Introduction to sculling water on back with arms at your side while kick

**Starfish**  
Treading water 20-30 seconds  
Introduction to Survival Float (proper jellyfish form)  
Push of wall into streamline transition to freestyle for 25 feet.  
Jump in pool (5 ft) recover to freestyle for 25 feet  
Freestyle for 60 - 70 feet - while executing rudimentary breathing with a consistent flutter kick.  
Swimming on your back with alternating paddle - 60 feet with hips and belly up and head back.  
Introduction to sidestroke  
Introduction elementary backstroke  
Sculling water with kick on back

**Lobster**  
Treading water for 45 - 60 seconds  
One length of the pool executed with Rhythmic Breathing (3,3 breath count)  
Can perform 10 deep water bobs in 6 plus ft of water- exhaling while descending creating bubbles  
Backstroke 25 yards alternating arms with consistent flutter kick  
Can perform a sit and kneel dive and will attempt a standing front shallow dive  
Introduction to Elementary Backstroke -Arms - modified breaststroke kick-on back coordination - Tickle, T, Touch  
Introduction Sidestroke-arms-scissor kick-coordination - pick the apple put it in the basket.  
Sculling water without kick on back

**Crab**  
Survival Float 3 mins  
Treading Water 1 - 1.5 mins  
Elementary Backstroke 25 yards  
Sidestroke 25 yards.  
Introduction to Breaststroke-Arms-Kick-Coordination  
Performs a kneel dive with a streamline glide  
Attempts a standing dive with a streamline glide

**Minnow**  
Standing Front Shallow Dive into streamline position  
Treading water for 2 mins  
Sculling water with kick for 25 yards on back  
Breaststroke 25 yards  
Underwater swim - breaststroke form

### **ADVANCED**

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### Seal

2 lengths of the pool Freestyle-Body Tilt-Rhythmic Breathing-6 Beat Kick  
2 Length of the pool backstroke-head back-thumb, turn, pinky-consistent flutter kick  
2 lengths of the pool elementary backstroke  
2 lengths of the pool sidestroke  
2 lengths of the pool breaststroke  
Appropriate streamline is applied to each stroke

### Flying Fish

Introduction to flip turn for freestyle  
Introduction to flip turn for backstroke  
Introduction to flip turn for breaststroke  
Introduction to butterfly-arms-kick-coordination  
Reinforce Front Dives for each stroke with recovery  
Endurance work on Freestyle

### Shark

Treading Water 3 - 5 mins  
Flip turn for freestyle  
Flip turn for backstroke  
Flip turn for breaststroke  
Endurance Freestyle checking form and technique  
Endurance Backstroke checking form and technique  
Endurance Breaststroke checking form and technique  
Reinforce Beginner Butterfly

### Sailfish

Butterfly 25 yards  
Demonstrates they can proficiently swim freestyle 3 - 4 lengths of the pool freestyle  
Demonstrates they can proficiently swim freestyle 3 - 4 lengths of the pool backstroke  
Demonstrates they can proficiently swim freestyle 3 - 4 lengths of the pool breaststroke  
Can Execute Freestyle and Backstroke flip turns  
Introduce proper PFD usage

### Porpoise

Butterfly Flip Turns  
Butterfly Endurance  
Race Starts  
Individual Medley ( Butter, Back, Breast, Free) 25 yards each  
Use of the PFD

### Whale

Butterfly 50 yards executing proper turn  
100 yards Freestyle with flip turns and above proficient technique  
100 yards Backstroke with flip turns and above proficient technique  
100 yards Breaststroke with flip turns and above proficient technique  
Race Dive  
Treading Minutes 5 minutes  
Survival Stroke 5 minutes