

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

TWIN SPRING FARM SWIM PROGRAM

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 off 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

TWIN SPRING FARM SWIM PROGRAM

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