

NEW HKC SWIM PROGRAM

BANNER 1: ARC I

LEVEL	SKILLS
WADER	Gets into the water with assistance Follows pool rules Can hold big breath and get chin/ cheeks in water Cups hands to hold water and get some of face wet Doesn't always need assistance in water
Move-Up	Must be comfortable entering the water
SPLASHER	Enters and exits pool without assistance Can do a slide in entry Plays in water up to chest deep Dips face and head in water Blows bubbles through the mouth
Move-Up	Must fully submerge body and head underwater (no nose holding)

LEVEL SKILLS

BANNER 2: ARC II

LEVEL SKILLS

GUPPY

- Fully submerges and retrieves object from under water
- Blows bubbles through nose and mouth
- Floats on stomach with support (10 seconds) Floats on back with support (10 seconds)
- Assisted glide on stomach- no kicking
- Rolls from front to back and back to front with support
- Straight leg flutter kick on front and back (15 seconds) with support

Move-Up Must demonstrate straight flutter kicks and float with support

TADPOLE

- Floats on back unsupported (10 sec)
- Floats on stomach unsupported (10 sec)
- Launch glide on stomach with proper flutter kick unassisted
- Launch glide on back with proper flutter kick unassisted
- Push off and swim using combination of arm and leg actions for 10 feet on front and back
- Launch-roll to back float unsupported
- Jump in and float on the back

Move-Up Must perform proper flutter kicks and glides unsupported. Must jump in and float on the back for 10 sec.

LEVEL SKILLS

BANNER 3: ARC III

LEVEL SKILLS

MINNOW

- Proper streamline body position (on back and stomach) with flutter kick
- Kick on stomach, arms to side, roll to back float, big breath in, back to kick on stomach
- Correct front crawl arm motion with side breathing
- Correct backstroke arm motion
- Demonstrate basic front crawl
- Demonstrate basic backstroke
- Can exit pool independently (elbows and knees)

Move-Up Must perform basic front crawl and backstroke. Must jump into deep water, float and kick to the side of the pool independently

GOLDFISH

- One arm up one arm down on stomach then to back
- Streamline on front roll to streamline on back
- Basic rhythmic breathing
- Demonstrates proper front crawl
- Demonstrates proper backstroke
- Treading 1 minute
- Basic elementary backstroke
- Side flutter kick
- Streamline roll to side kick

Move-Up Must complete deep water orientation, front crawl, and backstroke with stamina

CATFISH

- Tread water for 2 min continuously
- Front crawl with rhythmic breathing, fingertip entry, arm reach and body roll consistent and with stamina
- Catch-up stroke with alternate breathing every 3 counts
- Front crawl with alternate breathing and side flutter kick
- Double arm backstroke with pull
- Backstroke switch
- Sitting and kneeling dives with streamline position

Move-Up Must perform advanced front crawl with fingertip entry and rhythmic breathing consistently and with stamina

LEVEL SKILLS

BANNER 4: ARC IV

LEVEL SKILLS

DOLPHIN

- 15 deep water bobs
- Correct body position and roll for backstroke
- Basic whip kick on front
- Basic elementary backstroke
- Performs streamline position
- Can reverse direction on front and back
- Diving into deep end from standing position
- Assisted somersault from knees

Move-Up Must perform advanced backstroke with still head and side to side body roll consistently and with stamina

MARLIN

- Proper elementary backstroke with timing and glide
- Proper whip kick on front and back
- Basic breaststroke arms
- Basic dolphin kick with body roll motion
- Basic sculling
- Open turns
- Somersault from wall or from standing position

Move-Up Must perform proper whip kick on front and back, and proper elementary backstroke.

BARRACUDA

- Proper breaststroke arms
- Proper breaststroke timing
- Basic sidestroke
- Standing dive
- Prone glide into summersault
- Dolphin kick with streamline
- Sculling on front with flutter kick

Move-Up Must demonstrate full breaststroke with proper body/head position with stamina

LEVEL SKILLS

BANNER 5

LEVEL SKILLS

ARC V

SHARK

- Proper front crawl with stamina
- Proper backstroke with stamina
- Proper breaststroke with stamina
- Proper elementary backstroke with stamina
- Proper timing for sidestroke
- Basic butterfly
- Intro to flip turns
- Retrieve object from deep end and swim on back for 10 yards

Move-Up Must perform proper front crawl, backstroke, and breaststroke with stamina and basic butterfly.

ARC VI

ORCA

- Demonstrate proficiency in all strokes for 50 yds
- Proper butterfly
- Front crawl flip turn
- Backstroke flip turn
- Open turns
- Shallow standing dive

Move-Up Must demonstrate proficiency in all strokes and turns