



Rochester Swim Club - SwimAmerica Skills Progression

** these skills need to be mastered to advance to the next level **

Level 1 – BUBBLES	Level 5 - FREESTYLE
<ul style="list-style-type: none"> Gradual water adaptation Movement in the water Breath holding and release Submersion of the face Blowing bubbles Orca Bobs with bubbles & air exchange 1-10 relaxed Orca Bobs 	<ul style="list-style-type: none"> Crawl stroke with breathing Backstroke Dolphin Kick Horizontal headfirst sculling Crawl stroke 50 yards with proper side breathing

Level 2 – FLOATS & GLIDES	Level 6 - BACKSTROKE
<ul style="list-style-type: none"> Front float and recover Back float and recover Front glide and recover Back glide and recover Jumping Orca Bobs Safe swim to the wall with independent breath 	<ul style="list-style-type: none"> Sitting, kneeling and/or standing dive Breaststroke arms Breaststroke kick Butterfly arms Swim freestyle 25 yards Swim backstroke 25 yards

Level 3 - KICKING	Level 7 – BREASTSTROKE & BUTTERFLY
<ul style="list-style-type: none"> Front kick, glide and recover Back kick, glide and recover Safety rollover Straight leg kicking with kickboard Front kick – 15 feet Back kick – 15 feet 	<ul style="list-style-type: none"> Full breaststroke swim Full Butterfly swim Somersaults Swim freestyle – 50 yards Swim backstroke – 50 yards

Level 4 – CRAWL STROKE
<ul style="list-style-type: none"> Streamline rollover – front to back, back to front Finning and sculling Side-glide-kick – 20 feet Crawl stroke – 20 feet