



Rochester Swim Club – SwimAmerica Progression

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

Level 1 - BUBBLES	Level 2 – FLOATS & GLIDES
<ul style="list-style-type: none"> ● Gradual water adaptation ● Movement in the water ● Breath holding and release ● Submersion of the face ● Blowing bubbles ● Bobs with bubbles & air exchange ● 1-10 relaxed Bobs 	<ul style="list-style-type: none"> ● Front float and recover ● Back float and recover ● Front glide and recover ● Back glide and recover ● Safe swim to the wall with independent breath
Level 3 - KICKING	Level 4– FREESTYLE
<ul style="list-style-type: none"> ● Finning ● Safety rollover ● Straight leg kicking with instructor ● Front kick – 15 feet ● Back kick – 15 feet 	<ul style="list-style-type: none"> ● Streamline rollover – front to back and back to front ● Sculling ● Side-glide-kick ● Beginner freestyle stroke
Level 5 – BACKSTROKE	Level 6– BREASTSTROKE & BUTTERFLY
<ul style="list-style-type: none"> ● Backstroke arms ● Dolphin kick ● Freestyle stroke with proper breathing 	<ul style="list-style-type: none"> ● Breaststroke arms ● Breaststroke kick ● Butterfly arms ● Advanced freestyle ● Advanced backstroke

