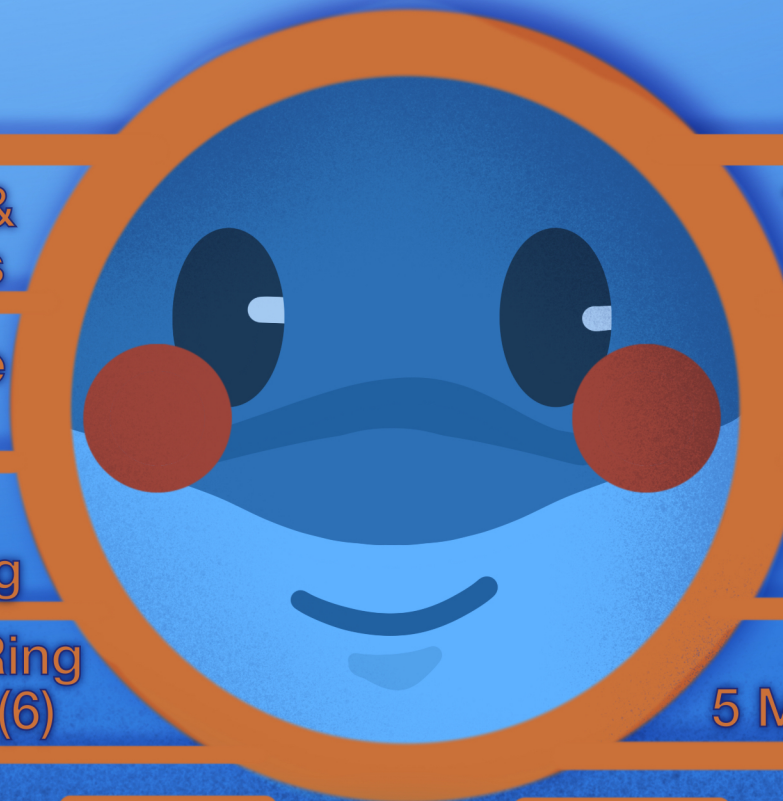


Group 3: Dolphins

Level 5

Level 6



Big Arms &
Roll Overs



Freestyle
Swim



Freestyle &
Side Breathing



Distance Ring
Retrieval (6)

Tread Water for
30 Sec



Backstroke Kick
with Kickboard



Backstroke
Swim



5 Minute Swim



Freestyle
Swim

Level 5



Skill Ribbon

Level 6



Skill Ribbon

Tread Water
for 30 Sec





Dolphin: Level 5

Information for Parents

Level 5 Goals

Level 5 teaches students the “fun-damentals” of Freestyle swim, their first competitive swim stroke. Students will also learn a technique called side-breathing and will be challenged to further build their endurance and breath exchange.

What This Means for Parents & Common Difficulties

Level 5 students are confident swimmers. We always recommend keeping an eye on the swimmer no matter their swim level.

Endurance: Students are being challenged to swim greater lengths and often get tired while initially building their stamina. Proper breathing techniques can help students swim further as they work at increasing their endurance.

Level 5 Homework



1. To help build their endurance, encourage your child to do simple exercises at home. This could include jumping jacks, a walk or short run, or push-ups.
2. Practice blowing/humming while in the shower or tub (breathe in, exhale into the water) to further solidify good breath exchange.
3. Look in the mirror while doing basic freestyle (large circle) arms. The arms should rotate in a forward direction, one at a time.
4. *Side Breathing:* practice by having your child do their basic freestyle arms in the mirror. Count each arm stroke out loud, from 1 to 3. On the third arm stroke, practice rotating their head and body 45° to the side of the arm that is in a downward position.

Kicking Homework:

Lay flat with back on floor, lift legs an inch or two off the ground, and point toes. Do 10 kicks. Rest and repeat. Roll over on tummy, lift legs an inch or two off the floor, and point toes. Do 10 kicks. Rest and repeat. Do 5 sets of each kicking exercise to strengthen back and tummy muscles and improve kicks.

Kick Focal points:

- Pointed toes
- Straight yet relaxed legs
- Movement sourcing from the hips, not the knees.



Dolphin: Level 6

Information for Parents

Level 6 Goals

Level 6 teaches students the “fun-damentals” of Backstroke swim, their second competitive swim stroke. Students will also learn how to tread water and will be challenged to further build their endurance to swim continuously for five minutes.

What This Means for Parents & Common Difficulties

After completing Level 6, swimmers are capable of starting a junior swim team program where the only proficiency requirements are with Freestyle and Backstroke.

Treading: Treading water is harder to practice on land than freestyle because it relies on feeling the water. However, children can still develop the strength, coordination, and movement patterns that make treading easier when they're back in the pool.

Level 6 Homework



1. To help build their endurance, encourage your child to do simple exercises at home. This could include jumping jacks, a walk or short run, or push-ups.
2. For your child to strengthen their core muscles, practice doing 15-30 second plank holds or wall sit exercises for 20-45 seconds.
3. Eggbeater leg pattern:
 - Sit on a chair or bench.
 - Lift both feet off the floor.
 - Make alternating circular motions with the lower legs moving in opposite directions.
 - Move slowly at first, then speed it up for a smoother motion.
 - Practice for 30-60 seconds.
4. To further help with treading, practice hand sculling. Stand with elbows bent at your sides. Slightly angle the hands, and move them side to side. Keep the wrists relaxed and fingers together. Imagine you are gently pushing water away, then bringing it back.
5. To practice backstroke, look in the mirror and rotate arms slowly in a backward motion. The arms should be long, straight, and always opposite of each other. When the arms come up, the palm should be facing in. Once the arm is extended straight up, flip the hand so that the palm is facing out.