

# Group 2: Turtles

## Level 3



Front Glides



Back Glides



Front Glides  
with Kicks



Back Glides  
with Kicks



Front  
Glides

Level 3



Skill Ribbon

## Level 4

Paddle Arms &  
Roll Overs



Streamline  
Underwater



Elementary  
Backstroke



Distance Ring  
Retrieval (3)



Elementary  
Backstroke



Level 4



Skill Ribbon





## Turtle: Level 3

### Information for Parents

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#### Level 3 Goals

This is where students start to learn propulsion and how to move their body through the water. Level 3 is all about glides and kicks!

#### What This Means for Parents & Common Difficulties

Although your child is starting to move in the water, they are still beginners. Outside of swim class, you should expect to be in the water with your child, within arm's reach at all times.

**Vertical body position:** Keep a close eye on your swimmer as they are learning to swim. They can still go into distress and assume a vertical, drowning position. They are getting closer and closer to being more independent in their swimming abilities.

## Level 3 Homework



1. Blowing/humming while in the shower or tub (breathe in, exhale into the water) to further practice solid breath exchange.
2. For streamline practice, have your child stand tall with their arms squeezed tightly over their ears. Have them place one hand over the other with their fingers together. Then, have your child take a breath in to tighten their core and have them hold this position for 10-15 seconds.

#### 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 and 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.



## Turtle: Level 4

### Information for Parents

#### Level 4 Goals

Level 4 is where swimmers utilize what they have learned with propulsion, kicks, and breath exchange to begin swimming with their safety roll overs. We also introduce them to a crucial safety stroke called Elementary Backstroke, aka “Monkey, Tree, Banana.” This stroke allows swimmers to stay in their resting back float, but still propel their bodies through the water.

#### What This Means for Parents & Common Difficulties

After completing Level 4, your child can swim independently, but still must always be watched closely to ensure their safety.

**Endurance & Diving Down:** Level 4 builds swimmer endurance. Ring retrieval is where they learn swimming endurance and diving down underwater. They need to practice big arm pulls, proper head position, and good breath control to venture down underwater.

## Level 4 Homework



1. Practice “paddle arms” with your child at home. Make “ice cream scoops” with their hands - a cupped hand with fingers together. Reach forward and bring your cupped hand towards you on both sides in a swimming motion.
2. Practice gentle somersaults on the floor, emphasizing tucking the chin down towards the neck. This helps with surface dives and proper head position.
3. While head is submerged underwater, have the child hold his/her breath working up to 10-15 seconds. This should be done under your supervision in the bath.
4. Elementary Backstroke can be practiced out of the water at home! Follow “Monkey, Tree, Banana” for the arm and leg movements. Practice the arms and legs separately first, then combine them together.

#### Arms:

- Monkey: hands at armpits with elbows bent-like a monkey
- Tree: arms extended straight out to sides- like a tree (make a “T”)
- Banana: arms stay extended and squeeze down to their sides/touch their thighs in a pencil “back” float position- like a banana

#### Legs:

- Bend: heels to the bottom, knees stay under the water
- Around: legs are fully extended
- Squeeze: legs stay straight and squeeze together