



WILDCAT SWIM SCHOOL

LEVELS

LEVEL 1 teaches non-swimmers, those not completely comfortable with being in the water and those at a very beginner level, the fundamentals of swimming. Level one includes overcoming fear of the water, breathing techniques, floating and kicking.

-Getting In Water-Getting Out of Water-Getting Face Wet-Going Under (Bobs)-Blowing Bubbles-Jumping Into Water-Supported Float on Front-Supported Float on Back-Supported Kicking on Front-Supported Kicking on Back

LEVEL 2 teaches those beginners who have the basic water skills to float and kick on their own while learning the basic arm movements for freestyle and backstroke.

-Front Float or Glide-Back Float or Glide-Flutter Kick on Front-Flutter Kick on Back
-Backstroke Arms-supported-Freestyle Arms-supported

LEVEL 3 begins to work on stroke development. Students learn the basics of freestyle and backstroke while introducing breaststroke and butterfly.

-Over arm Recovery Freestyle-Breathing to the side-Backstroke Arms-Freestyle for 15 yards-Backstroke for 15 yards-Streamline arms-Streamline push off the wall-Breaststroke Kick (with some arms)-Butterfly Kick (with some arms)

LEVEL 4 focuses on continued development towards a competitive freestyle stroke and backstroke while progressively improving on breaststroke and butterfly.

-Freestyle for 25 yards-Bent Elbow Freestyle Recovery-Breathing with Ear & Side of Face in Water
-Backstroke for 25 yards-Backstroke Straight Arm Recovery
-Breaststroke for 15 yards
-Butterfly Kick with arms for 5 yards

LEVEL 5 – Stroke Refinement

-Freestyle for 50 yards-Bent Arm Recovery-Arm Entry Above Shoulder
Stroke Finishes Past Swim Suit
-Backstroke for 50 yards- Shoulder Rotation- Arm Recovery Points to Ceiling
-Breaststroke for 25 yards- 3 second glide
-Butterfly for 15 yards
-Flip Turn while swimming freestyle
-Flip Turn while swimming backstroke

LEVEL 6 – Stroke Proficiency

-Freestyle for 100 yards with turns-Backstroke for 100 yards with turns
-Breaststroke for 50 yards with turn--Butterfly for 25 yards

LEVEL 7 – Swim Team Ready

-100 Individual Medley
-10 x 25s Free on :40
-10 x 25s IM on :50

