

COACH SYD'S 10 LEVEL WATER BALANCE METHOD

This list is also available at our pools

1 RED LEVEL • NOT SAFE IN THE WATER YET

CHILD UNDERSTANDS AND DEMONSTRATES:

1. An awareness of safe entry into pool & staying on steps/pirate ship when told
2. Tear free while singing "Wheels on the Bus"
3. "Twinkle, Twinkle" on back with ears in water
4. Willing & able to kick with flippers using noodle boat for 2 laps @ Colby & 2 laps @ Lincoln
5. During "Humpty Dumpty" song they learn forward into pool on cue ?
6. Keep mouth closed during puffer fish face. No drinking or coughing up water
7. Can grip & hold onto side of pool for 6 seconds then monkey crawl to the steps or ladder
8. Confidently able to pull animal stickers off the side of pool
9. Jump from steps on cue with full face submersion & kick to coach without flippers in 3ft of water
10. Can kick to get rings off of the top step/pool gutter with full face submersion & fins on
11. Can lie comfortably on their back on the magic carpet mat
12. Can use the "Spiderman Rope" lifting face in & out of water from coach toward pirate ship/wall
13. Kick with breathing gloves & fins the width of pool putting face in
14. Can swim "Around the Volcano" with fins on steps or around ladder
15. Willing & able to emotionally swim with more than just one coach

2 YELLOW LEVEL • CAUTIOUS, BUT COMFORTABLE IN THE WATER

Can sign up for Ocean Safety/Wave Play Class

CHILD UNDERSTANDS AND DEMONSTRATES:

1. Familiar & comfortable being in the water & face getting wet
2. Can swim & kick with crocodile arms to the steps or gutter unassisted in 5ft of water
3. Beginning 'Pizza' arms & 'Frog' legs to & from steps or gutter
4. Can confidently swim with face in water to get rings from steps or gutter with no fins in 4ft of water
5. Can swim "Around the Volcano" without fins unassisted in shallow end
6. Can do "Spiderman Rope" hand over hand comfortably with breaths to & from coach
7. Assisted back float with coach lightly supporting neck
8. Can easily kick on back with neck noodle the width of pool
9. Can comfortably take breaths with breathing gloves the width of pool
10. Can kick on back with breathing gloves & fins width of pool
11. Using 'Crocodile' arms & legs can lift head out of water for a breath or 'pretend' breath when cued (without fins)
12. Assisted roll from stomach to back ('Pancake Flip')
13. Using 'Pizza' arms can lift mouth out of water for a breath or 'pretend' breath when verbally cued or when teacher gently taps on top of their head

3 GREEN LEVEL • POOL SAFE WITH SUPERVISION UPON COMPLETION

CHILD UNDERSTANDS AND DEMONSTRATES:

1. 'Crocodile' arms without fins across the width of the pool with 1-2 breaths
2. 'Pizza' arms & 'Frog' legs with 2 breaths for the width of pool
3. Back blast off & twirl to stomach then continue to swim to coach
4. Start with 2-3 freestyle strokes, do an unassisted roll from front to back ('Pancake Flip'), get breath, roll back to stomach then continue to swim comfortably
5. Do 'Frog' kicks with breathing gloves the width of pool 2x
6. Backstroke arms & legs the width of pool (with flippers if needed)

7. Do Dolphin kicks the width of pool with fins & streamline arms or arms at side
8. Kick on back with breathing gloves / 2 laps at Colby, 1 lap at Lincoln
9. Can swim "Around the Volcano" without fins unassisted in deep end
10. Can pull themselves out of pool unassisted (elbow, elbow, belly, knee)
11. Take a big leap from side of pool, turn around & swim back to wall with goggles
12. Take a big leap from side of pool, turn around & swim back to wall **without** goggles
13. Can do a cannonball into the pool
14. Can get toys from bottom of pool in shallow end using legs to push off the bottom
15. Willing & able to swim the width of pool without goggles (Pizza/Frog & Crocodile freestyle strokes)
16. Can swim width of pool with water flooded in goggles 3x
17. Jump into pool & go into a 5 second back float

4 **ORANGE LEVEL • CAN SIGN UP FOR SURF LESSONS**

CHILD UNDERSTANDS AND DEMONSTRATES:

1. 8 'bobs' with a push off the bottom in shallow end
2. Can do 3 dolphin kicks per 1 butterfly arm cycle without fins / 2 laps at Colby, 1 lap at Lincoln
3. Backstroke start with streamline arms kicking width of pool
4. Backstroke start / 2 laps at Colby, 1 lap at Lincoln backstroke swim (focusing on windmill arms, both arms never down at side at the same time!)
5. Breaststroke with breaths / 2 laps at Colby, 1 lap at Lincoln
6. Freestyle swim (making sure hands are never down at the waist at the same time)
7. Freestyle & side breaths focusing on legs & hips staying toward the top when head turns for breath / 2 laps at Colby, 1 lap at Lincoln
8. Push off wall with one streamline arm pointing direction of travel & one hand on the wall. Feet pushing off to begin streamline freestyle / 2 laps at Colby, 1 lap at Lincoln
9. 45 second unassisted back float
10. 15 second water tread
11. Assisted underwater summersault (can hold nose if absolutely necessary)
12. Unassisted jump into deep end, 15 second tread then swim to the wall then unassisted climb out of the pool in deep end
13. Seated dive
14. Knee dive

5 **CORAL LEVEL • CAN TRY OUT FOR SWIM TEAM AT LINCOLN MIDDLE SCHOOL**

CHILD UNDERSTANDS AND DEMONSTRATES

1. Can correctly name all 4 competitive strokes: Freestyle (not Crocodile arms), Backstroke, Breaststroke & Butterfly
2. Swim Butterfly & Breaststroke several feet away from wall, swim back to wall & "high five" the wall, exaggerating a legal double hand finish / 4 x Butterfly, 4 x Breaststroke
3. Can correctly name the order of individual medley: fly, back, breast, free (if needed, "There's a fly on my back but the breast is free")
4. **Backstroke start then count strokes from flags to wall at Lincoln, at Colby, coach tells when to stop arms & kick with one arm to the wall & when close to the wall one arm above the head, one arm beside leg, kicking fast for a legal backstroke finish**
5. Do a Breaststroke kick with breathing gloves the width of pool, both feet turning out before they squeeze together
6. Backstroke start then 3 backstroke laps focusing on windmill arms / 2 laps at Colby, 1 lap at Lincoln
7. Legal Breaststroke kick with kickboard / 2 laps at Colby, 1 lap at Lincoln
8. Breaststroke focusing on hands not pulling down to waist / 2 laps at Colby, 1 lap at Lincoln
9. Push off wall with 1 arm pointing in direction of travel & one hand on the wall for a streamline breaststroke / 3 laps at Colby, 2 laps Lincoln
10. Squid/Octopus arms on back the width of pool (sculling)

11. 3 Grab Start dives, both feet parallel, toes curled over the lip of the deck, hands & or body touch the water before or at the same time as the feet
12. 3 Grab Track starts, 1 foot in front of the other with front foot toes curled over the edge of the pool & feet not touching the water before hands & body
13. Do 3 dives, swimmer's choice, no goggles
14. Swim an Individual Medley (fly, back, breast, free) / 1 lap at Colby, 1 lap or width at Lincoln

6 BLUE LEVEL • CAN TRY OUT FOR A SWIM TEAM ANYWHERE WHEN COMPLETED

CHILD UNDERSTANDS AND DEMONSTRATES

1. 10 bobs in deep end then go 1/2 way to the bottom
2. Competitive legal butterfly stroke, feet must stay together, 2 hand finish
3. Backstroke arms with correct roll rotation (no windmill arms) / 2 laps at Colby, 1 lap at Lincoln
4. 2 pull, 1 kick breaststroke drill with 2 hand finish
5. Freestyle stroke breathing on both sides every 3 strokes (bilateral technique)
6. 1 lap 8/8 Drill Freestyle without fins (8 kicks on right/8 on Left)
7. 1 lap underwater dolphin kick with fins / 1 breath or less at Colby, 5 breaths or less at Lincoln
8. Elementary backstroke: Chicken, Airplane, Rocket / 1 lap
9. 2 lap windshield wipers/sculling on front
10. 1 lap streamline kicking on back without fins / 1 lap at Colby, 2 widths at Lincoln
11. Dolphin kick 1 lap on back with fins / 1 lap at Colby, 2 widths at Lincoln (streamline optional)
12. Get a ring from deep end with or without flippers / Colby, Lincoln on the incline
13. Tread water for 30 seconds
14. Unassisted summersault, no fins, no nose holding
15. Can do an underwater somersault & push off the wall on their back with streamlined arms
16. Can do an underwater somersault & streamlined push off on their back while slowly kicking from the back to the stomach, coming up & taking two freestyle strokes
17. Can consistently touch the wall with breast stroke & butterfly with both hands at the same time
18. Can swim each individual medley stroke in order ("Fly, Back Breast Free") without fins, making sure two hands touch on breast & butterfly
19. To simulate a surfboard wipeout, swimmer is tumbled underwater then staying calm & relaxed, come up to surface with one hand up to push away surfboard & climb back on (no goggles)
20. Tread water doing an eggbeater kick (practice by sitting on edge of pool & "passing" a soccer ball back & forth to themselves)

7 PURPLE LEVEL • PORPOISE & MERMAID CANDIDATE

CHILD UNDERSTANDS AND DEMONSTRATES

1. Swim Freestyle without feet hanging below hips / 2 laps at Colby, 1 lap at Lincoln
2. Swim Freestyle with bilateral breathing every 3 strokes / 3 laps at Colby, 2 laps at Lincoln
3. Swim Breaststroke with arms shooting forward & held in a streamline position as legs squeeze together / 2 laps at Colby, 1 lap at Lincoln
4. Swim a Backstroke kick, rotating shoulders & hips so they break the surface of the water / 2 laps at Colby, 1 lap at Lincoln
5. Swim Backstroke with feet at hip level
6. 2 hand touch with streamline turns: fly/fly, fly/back, breast/breast, breast/free for width of pool
7. Back float 1 minute
8. Treading water for 90 seconds with arms & legs
9. Tread with one hand out of the water for 15 seconds
10. Tumble/flip turn with arms in streamline position before pushing off
11. Backstroke into wall, tumble turn & push off
12. Breaststroke arms with dolphin kicks / 2 laps at Colby, 2 laps at Lincoln
13. Kick underwater with fins, any stroke / no breath at Colby, 4 breaths or less at Lincoln

14. Do a backstroke with streamlined arms & 8 underwater dolphin kicks
15. Get rings or toys from the bottom of deep end without flippers / at Lincoln on the slope or at deepest part (prefer coach to be underwater with student in case assistance is needed)
16. Do a grab start streamline dive (hands grab lip of pool & enter water with hands stacked on top, top hand thumb holding hands together)

8 BROWN LEVEL • SURVIVOR READY

CHILD UNDERSTAND AND DEMONSTRATES

1. Do 4 freestyle laps, side breathing every 3 or 5 strokes
2. Do 4 backstroke laps
3. Do a Breaststroke, lifting head to breath every stroke with 2 hand touches & finish, hands not pulling past chin or chest / 3 laps at Colby, 2 laps at Lincoln
4. Butterfly swim legal kicks with a 2 hand touch & turn / 3 laps at Colby, 2 laps at Lincoln
5. Do 5 tumble/ flip turns, arms in streamline position, then push off on back while kicking & rotating onto side, then to stomach in streamline position - no nose holding!
6. Treading water 3 minutes without fins
7. Treading water 20 seconds, hands up, no fins
8. Treading water arms only, 30 seconds
9. Swimmer pretends to have a cramp in their calf. They must rub it, get breaths & make it to the end of the pool (self rescue) / 1 lap at Colby, width of pool at Lincoln
10. Tread water with clothes & shoes on, no goggles for 1 minute
11. Swim 1 lap fully clothed with no goggles / 2 laps at Colby, 1 lap at Lincoln
12. Swim 1 lap fully clothed on stomach, no goggles / 2 laps at Colby, 1 lap at Lincoln
13. While treading water, remove shoes & socks & swim unassisted with no goggles / 2 laps at Colby, 1 lap at Lincoln *Explain to swimmer if they ever fell into body of water with clothes on, shoes makes it easier to survive
14. Dive to bottom of deep end & retrieve red, heavy balls using fins
15. Understands how to spot a rip current in the ocean & explain how to get back to safety by swimming parallel to the beach, then demonstrate by swimming parallel away from coach before getting back to shore/ the wall
16. Do a frog stroke underwater for 1 lap / 2 breaths at Colby, 5 at Lincoln

9 BLACK • SPECIAL OPS TOUGH

CHILD UNDERSTANDS AND DEMONSTRATES

1. Swim freestyle for 6 laps without stopping, with tumble turns & streamlines off each wall
2. Swim backstroke for 3 laps with tumble turns
3. Swim breaststroke for 3 laps with an underwater pull down when they push off each wall
4. Swim butterfly stroke for 2 laps
5. Tread water for 2 minutes
6. Swim Individual Medley with legal turns / 2 laps of each stroke at Colby, 1 lap @Lincoln
7. Streamline underwater dolphin kicks with fins / 1 lap at Colby no breath, 1 lap at Lincoln 4 breaths
8. Kicking on back with hands together out of water pointing skyward / 2 laps at Colby, 1 lap at Lincoln
9. Tread water with both hands out of water for 30 seconds
10. Do a water polo backstroke (backstroke as if sitting in a chair to catch a pass in a water polo game) / 2 laps at Colby, 1 lap at Lincoln
11. Tread water in the deep end while pushing arms out of the water as high as possible as if trying to block a pass like a water polo goalie / 5x in a row
12. While kicking on their back, practice kicking the ball from their foot up to their hand / 3x with the right foot, 3x with left
13. Shoot a water polo ball into a goal or imaginary goal / 4x with left, hand, 4x with right
14. Catch a small ball thrown by the teacher using only one hand / 3x
15. Three pump fakes with the ball before throwing at a goal (able to do with each hand)

10 WHITE LEVEL • WHITE WATER READY

CHILD UNDERSTANDS AND DEMONSTRATES

1. Swim Freestyle stroke with flip turns using bilateral breathing / 7 laps at Colby, 3 laps at Lincoln
2. Swim Backstroke with flip turns /4 laps at Colby, 3 laps at Lincoln
3. Swim Butterfly / 4 laps at Colby, 2 laps at Lincoln
4. Swim Breaststroke with two hand touches on every wall, hands not pulling past the chest or chin area / 6 laps at Colby, 4 laps at Lincoln
5. Swim Individual Medley in order (fly, back, breast, free) with legal touches & finish / 3 laps per stroke at Colby, 1 lap per stroke at Lincoln
6. Tread water for 3 minutes
7. Underwater frog stroke / 1 breath or less at Colby, 5 breaths at Lincoln
8. Dive to bottom of deep end & retrieve a red, heavy ball without fins
9. Kick on back with red, heavy ball on chest, no fins / 2 laps at Colby, 1 lap at Lincoln
10. Underwater dolphin kicks for / 2 laps at Colby with 2 breaths or less, 1 lap at Lincoln with 5 or less
11. Swim Freestyle with head out of water pushing a ball between their arms water polo style / 3 laps at Colby, 2 laps at Lincoln
12. Scull feet first on back / 2 laps at Colby, 1 lap at Lincoln
13. Tread water with clothes & shoes on for 1 minute
14. Fully clothed Backstroke survival swim / 2 laps at Colby, 1 lap at Lincoln
15. Swim fully clothed on stomach / 2 laps at Colby, 1 lap at Lincoln
16. While treading water, remove shoes & socks & swim unassisted, any stroke / 2 laps at Colby, 1 lap at Lincoln *Explain to swimmer if they ever fell into body of water with clothes on, removing shoes makes it easier to survive
17. Understands how to spot a rip current in the ocean & explain how to get back to safety by swimming parallel to the beach, then demonstrate by swimming parallel away from coach before getting back to shore/ the wall

10 GOLD LEVEL • JUNIOR LIFEGUARD READY

CONGRATULATIONS! YOU ARE NOW QUALIFIED TO BE A LASS SWIM TEACHER WHEN YOU TURN 17!

1. Freestyle technique with tumble turns / 8 laps at Colby, 6 laps at Lincoln
2. Backstroke technique with tumble turns / 8 laps at Colby, 6 laps at Lincoln
3. Breaststroke technique legal turns / 8 laps at Colby, 6 laps at Lincoln
4. Butterfly technique 4 laps, legal turns and kicks (/ 6 laps at Colby, 4 laps at Lincoln
5. Swim an Individual Medley in correct order (fly, back, breast, free) / 8 laps at Colby, 4 laps at Lincoln
6. Tread water with both hands in the air waving for 45 seconds
7. Kicking on back with red ball held up high out of water
8. Swim freestyle with head out of water while pushing a ball water polo style / 4 laps at Colby, 2 laps at Lincoln
9. Swim 1 freestyle lap / no breaths at Colby, 2 breaths at Lincoln
10. Swim 1 butterfly lap / no breaths at Colby, 5 breaths at Lincoln
11. Swim 1 lap underwater dolphin kick without fins / no breaths at Colby, 5 breaths at Lincoln
12. Practice buddy rescue using a noodle, rope or other object with a coach who is pretend drowning *Remind them to never swim to or offer a hand to someone in trouble. That can put both of you at a higher risk of drowning. Practice yelling to "Call 911!"
13. Understands how to spot a rip current in the ocean & explain how to get back to safety by swimming parallel to the beach, then demonstrate by swimming parallel away from coach before getting back to shore/ the wall
14. Timed freestyle swim / 4 laps at Lincoln under 2 min. or 8 laps at Colby under 3 min.
15. Surfboard wipeout: attach a surf leash to swimmer's ankle while coach holds the other end. Swimmer goes under water & relaxes while coach pulls swimmer toward them using the leash, simulating a wipeout where the surfer gets dragged under water for a few feet / 5x