

HERCULES SWIM CENTER LEARN TO SWIM PROGRAM

Swimmer's Name: _____

Instructor's Name: _____

Level swimmer should register for: _____

Date Completed: _____

Level Five: Stroke Refinement

- Shallow angle dive from side (in water at least 9 feet deep)
- Shallow angle dive, glide 2 to 3 body lengths and begin any front stroke (in water at least 9 feet deep)
- Tuck surface dive - submerged completely
- Pike surface dive - submerged completely
- Front flip turn while swimming
- Backstroke flip turn while swimming
- Tread water for 5 minutes
- Tread water using legs only for 2 minutes
- Front crawl - 50 yards
- Breaststroke - 25 yards
- Butterfly - 25 yards
- Elementary backstroke - 50 yards
- Back crawl - 25 yards
- Standard back scull for 30 seconds
- Sidestroke - 25 yards
- Water Safety Skills
 - How to call for help and the importance of knowing first aid and CPR
 - Recreation Water Illnesses
 - Reach or throw, don't go
 - Look before you leap
 - Think so you don't sink
 - Think twice before going near cold water or ice
 - Wave, tide or ride, follow the guide



Exit Skills:

- Perform a shallow angle dive into water at least 9 feet deep, swim front crawl for 50 yards, then swim elementary backstroke 50 yards using appropriate and efficient turning styles throughout
- Swim breaststroke for 25 yards, change direction of travel as necessary and then swim back crawl for 25 yards using appropriate and efficient turning styles throughout

Instructor's Notes:

JOIN OUR SWIM TEAMS:
HERCULES EAST BAY SILVER DOLPHINS
OR HERCULES PIRANHAS



Parks
Make
Life
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REGISTER ONLINE AT: WWW.HERCULESREC.COM OR CALL: 799-8291