



# Winona State University Swim Program



## Skills to Practice

### **Tots:**

- Comfort in the water
- Good listening skills
- Bubbles
- Putting face in water

### **Level 1:**

- Entry and Exit
- Buoyancy on front and back (assisted)
- Front and back swimming coordination (assisted)
- Bubbles
- Bobbing
- Diving for rings
- Rolling from front to back and vice versa (assisted)
- Comfort in the water

### **Level 2:**

- Entry and Exit
- Buoyancy on front and back
- Jellyfish float
- Tuck float
- Swim on front or back 15 yards (independently)
- Hold breath for 5 seconds
- Roll from front to back and vice versa
- Treading 15 seconds
- Finning

### **Level 3:**

- Front crawl 15 yards
- Elementary backstroke 15 yards
- Scissors kick
- Flutter kick on front
- Dolphin kick on front
- Sitting and kneeling dives
- Rotary breathing
- Treading water 30 seconds
- Survival float 30 seconds
- Back float 30 seconds

**Level 4:**

- Front crawl 25 yards
- Elementary backstroke 25 yards
- Back crawl 15 yards
- Breaststroke 15 yards
- Sidestroke 15 yards
- Butterfly 15 yards
- Dolphin kick on back
- Flutter kick on back
- Compact and stride dive
- Treading water 2 minutes
- Survival swimming 30 seconds

**Level 5:**

- Front crawl 50 yards
- Elementary backstroke 50 yards
- Back crawl 25 yards
- Breaststroke 25 yards
- Sidestroke 25 yards
- Butterfly 25 yards
- Sculling 30 seconds
- Shallow-angle dive
- Treading water 5 minutes
- Pike and tuck surface dives

**Level 6:**

- Front crawl 100 yards
- Elementary backstroke 100 yards
- Back crawl 50 yards
- Breaststroke 50 yards
- Sidestroke 50 yards
- Butterfly 50 yards
- Retrieving the brick
- Survival float 5 minutes
- Survival swimming 10 minutes
- Tread water kicks only 2 minutes