

DOLPHIN SWIM SCHOOL

Level Practice Skills

WHITE RIBBON:

Practice:

- ✓ Growing more comfortable in the water
- ✓ Holding on to bar and wall independently
- ✓ Following directions
- ✓ Putting face in the water and getting head wet
- ✓ Assisted front and back floats
- ✓ Beginning kicks on front and back
- ✓ Alternating arm strokes assisted (scooping)
- ✓ Climbing in and out of pool unassisted
- ✓ Assisted jumps

ORANGE RIBBON:

Practice:

- ✓ Bobs with blowing bubbles
- ✓ Front and back floats unaided
- ✓ Front and back glides
- ✓ Beginning unassisted crawl stroke, alternating arm strokes
- ✓ Kicking on front (in streamline)
- ✓ Kicking on back (arms at side or sculling)
- ✓ Introduction to backstroke arm action
- ✓ Swimming short distances independently
- ✓ Picking up rings in 3 and 4 ft, assisted

PURPLE RIBBON:

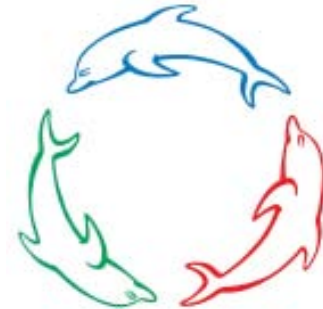
Practice:

- ✓ Crawl stroke arms with an out of water recovery
- ✓ Introduction to side glides, breathing to the side and exhaling under water
- ✓ Jumping in and swimming to side
- ✓ Picking up rings with feet first surface dives
- ✓ Assisted elementary backstroke kick
- ✓ Assisted elementary backstroke arms
- ✓ Introducing unassisted backstroke
- ✓ Roll-overs (tummy swim to a resting back float)
- ✓ Unassisted front and back glides
- ✓ Kneeling Dives

BLUE RIBBON:

Practice:

- ✓ Introduce side breathing, 1-2-3 breath
- ✓ Side glide kicks (also to introduce side breathing)
- ✓ Kicking on front and back, unaided
- ✓ Improving crawl stroke and adding side breathing for freestyle
- ✓ Introduction to dolphin kick
- ✓ Introduction to breaststroke kick
- ✓ Standing dives
- ✓ Improving unassisted backstroke



GREEN RIBBON:

Practice:

- ✓ Improving freestyle and side breathing
- ✓ Improving backstroke
- ✓ Improving dolphin kick
- ✓ Improving breaststroke kick
- ✓ Improving open turns and intro to flip turns
- ✓ Pike and tuck surface dives
- ✓ Breaststroke arms and breathing
- ✓ Timing breaststroke arms, breathing, and kick
- ✓ Butterfly arms and breathing
- ✓ Treading water with alternate kicks (egg beater with sculling arms)

SILVER RIBBON:

Practice:

- ✓ Timing butterfly arms, breathing, and kick
- ✓ Bi-lateral breathing
- ✓ Stroke refinement in all strokes
- ✓ Working on endurance and skill proficiency in all strokes
- ✓ Treading water with rotary kick
- ✓ Improving flip turns
- ✓ Long shallow dive
- ✓ Practicing freestyle, backstroke, breaststroke, and butterfly starting at 25 yards