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