

Stroking Seals



Pre-Requisite	<ul style="list-style-type: none"> Achieved Soaring Dolphins exit skills At least 6 years of age and 1st Grade in elementary school
Description	<ul style="list-style-type: none"> Advanced class to improve in diving, freestyle, backstroke, breaststroke, butterfly and turning techniques. Students become competent in water deeper than 5'6"
Objectives	<ul style="list-style-type: none"> Develop appropriate swimming techniques necessary for sports and competitive swimming
Time Commitment to Safety	<ul style="list-style-type: none"> 2x / week year round
Exit Skills	<ul style="list-style-type: none"> Breathing & nose protection <ul style="list-style-type: none"> - Can swim holding breath for at least 15 yards under water - Summersaults in four directions with help: nose protection - Can swim for at least one minute consistently hum breathing Safety & flotation <ul style="list-style-type: none"> - In a sequence of Breaststroke: pull, breathe, kick, & glide; able to do a 3" glide - Treading water with easy breathing in deep water for 2' - Can dribble a ball: short distances, freestyle with head above water Body movement & balance <ul style="list-style-type: none"> - Perform a feet first entry into deep water, swim front crawl for 25 yards, change direction and position as necessary and swim elementary backstroke for 25 yards - Swim 25 yards in the 4 styles with correct open turns - Correct Dolphin & Breaststroke kicks 25 yards - Open turns on the front and back - Perform 2-hand touch on fly and breast Navigation <ul style="list-style-type: none"> - Repeat 8 swims of 25 yards, 2 of each style, with 20 seconds rest between swims, not timed - Kick 100 yards non-stop with kickboard - Swim 50 yards front crawl, change direction and position of travel and swim elementary backstroke for 50 yards using appropriate arm and leg movements

