

Level 4 - Whale

Tips & Tricks



Check off each skill as your child progresses.

- ☐ Deep water bobbing 20 seconds
- ☐ Rotary breathing with kick board 20 yards
- ☐ Swim underwater to retrieve object from pool bottom in 5 ft of water
- ☐ Dive stride position
- ☐ Dive standing position
- ☐ Feet first surface dive
- ☐ Elementary backstroke 25 yards
- ☐ Front crawl with rotary breathing 25 yards
- ☐ Back crawl 25 yards
- ☐ Breaststroke kick 15 yards
- ☐ Breaststroke arms 10 yards
- ☐ Dolphin kick on front and back 10 yards
- ☐ Introduction to Butterfly arms
- ☐ Open turns on front and back
- ☐ Tread water 2 minutes – any kick
- ☐ Water safety, diving safety and pool rules
- ☐ Reaching & extension assists

Exit Skills to go to next level:

- ☐ Perform a feet first entry into the water, swim front crawl for 25 yards, perform an open turn and swim elementary backstroke for 25 yards.
- ☐ Swim breaststroke for 15 yards, change direction and position as necessary and swim back crawl for 25 yards.

Helpful hints for your child to be successful in his/her class.

Bring your child to the pool during recreational swim and practice the following items. You must be in the water and feel comfortable at all times during the practice of these skills. You must also be comfortable in deep water to practice these skills with your child

1. Practice bouncing in water over your child's head off the bottom of the pool and coming to surface to get a breath of air.
2. Practice rotary breathing with kickboard. Flutter kick while holding onto the board. Alternate arms and breathe with arm recovery. Your child's ear should stay in the water when their head is turned to the side for a breath. The water level should be at the hair line of your child.
3. Practice elementary backstroke, front crawl with rotary breathing, and back crawl until comfortable with these skills.
4. Practice treading water until comfortable doing this skill. You may use any style kick.



Questions?

Carmody 720.963.5371

Green Mountain 303.987.7837

Link 720.963.5369