



## Swim Program Information

The Elmwood Day Camp instructional swim program is consistent with the American Red Cross “Learn to Swim” program. This program consists of six levels that contain the skills needed to instruct swimming from a beginner to the most advanced swimmer. At Elmwood, we have customized the Red Cross program by further breaking down the levels in order to provide the best possible environment for each camper’s success.

Each camper’s initial placement into a swim group is determined by reviewing the prior years’ records and his or her performance during the individual swim evaluations conducted on the first two days of swim.

In order to provide the best possible experience, each camper is placed in a group, according to his/her swimming ability. Our full time pool staff consists of Lifeguards and Water Safety Instructors. In addition to the pool staff, group counselors assist in the swim instruction. All staff receive training including a swim techniques course where they are taught the most successful ways to instruct children.

When each camper passes one of Elmwood’s swim levels, he/she will receive a “swim pin” and a Red Cross card when appropriate. In addition, a postcard will be mailed home to inform you that your child has passed an Elmwood swim level. The postcard will tell you the level and skills that he/she has completed as well as the next level and skills to be taught.

Please see reverse side for the Elmwood Swim Levels, skills involved at each level, and the corresponding Red Cross level.

# Elmwood Swim Program

## ELMWOOD LEVELS

R E D C R O S S  L E V E L S	1	GUPPY	MINNOW	TADPOLE	FROG	
	2	STARFISH	SUNFISH		BASS	
	3	TROUT RED	TROUT WHITE		TROUT BLUE	
	4	COHO WHITE			COHO BLUE	
	5	STINGRAY WHITE			STINGRAY BLUE	
	6	GREAT WHITE WHITE			GREAT WHITE BLUE	
		<ol style="list-style-type: none"> <li>1. Water exploration: enters and plays in pool.</li> </ol>	<ol style="list-style-type: none"> <li>1. Bobbing</li> <li>2. Hold breath for 5 seconds</li> <li>3. Blowing bubbles</li> <li>4. Putting face in the water</li> </ol>	<ol style="list-style-type: none"> <li>1. Hold breath for 10 seconds</li> <li>2. Rhythmic breathing</li> <li>3. Prone float</li> <li>4. Opening eyes under water</li> </ol>	<ol style="list-style-type: none"> <li>1. Rhythmic breathing</li> <li>2. Flutter Kick</li> <li>3. Prone float with flutter kick</li> <li>4. Back float</li> <li>5. Life jacket skills</li> </ol>	
		<ol style="list-style-type: none"> <li>1. Rhythmic breathing</li> <li>2. Flutter kick</li> <li>3. Crawl arm stroke</li> <li>4. Back float with finning</li> <li>5. Float with crawl arm stroke</li> <li>6. Rolling over from front to back</li> </ol>	<ol style="list-style-type: none"> <li>1. Rhythmic breathing</li> <li>2. Flutter kick</li> <li>3. Back float with kick</li> <li>4. Crawl arm stroke</li> <li>5. Coordinate kick &amp; stroke</li> <li>6. Coordinate breathing &amp; stroke</li> </ol>		<ol style="list-style-type: none"> <li>1. Coordinate kick &amp; stroke with breathing</li> <li>2. Back float with flutter kick &amp; finning</li> <li>3. Combined stroke on back</li> <li>4. Back crawl arm action</li> <li>5. Tread water for 15 seconds</li> <li>6. Explore swimming on side</li> </ol>	
		<ol style="list-style-type: none"> <li>1. Review level 2 skills</li> <li>2. Front crawl with breathing 10 yards</li> <li>3. Coordinated back crawl 10 yards</li> <li>4. Reverse direction from front to back while swimming in deep water</li> <li>5. Tread water for 30 seconds</li> </ol>	<ol style="list-style-type: none"> <li>1. Jump into deep water</li> <li>2. Survival float for 30 seconds</li> <li>3. Back crawl 15 yards</li> <li>4. H.E.L.P position - 1 minute</li> <li>5. Enter water in life jacket</li> <li>6. Front crawl with breath - 15 yards</li> </ol>		<ol style="list-style-type: none"> <li>1. Elementary backstroke kick 10 yards</li> <li>2. Tread water - 60 seconds</li> <li>3. Butterfly kick and body motion</li> <li>4. H.E.L.P. position - 1 minute</li> <li>5. Front crawl with breath - 20 yards</li> <li>6. Front dive/sitting/kneeling</li> </ol>	
		<ol style="list-style-type: none"> <li>1. Front &amp; back crawl - 25 yards</li> <li>2. Elementary backstroke - 25 yards</li> <li>3. Open turn with freestyle</li> <li>4. Open turn with backstroke</li> <li>5. Breaststroke kick</li> <li>6. Sidestroke kick</li> <li>7. Pass Elmwood Deep Water Test</li> </ol>			<ol style="list-style-type: none"> <li>1. Deep water bobbing</li> <li>2. Tread water - 2 minutes</li> <li>3. Standing dive from side</li> <li>4. Back float deep water 1 minute</li> <li>5. Life jacket jump from diving board</li> <li>6. Underwater swim</li> <li>7. Butterfly 25 yards</li> <li>8. Feet First surface dive</li> </ol>	
		<ol style="list-style-type: none"> <li>1. Sidestroke arms</li> <li>2. Breaststroke arms</li> <li>3. Front &amp; back crawl</li> <li>4. Elementary Backstroke</li> <li>5. Butterfly</li> <li>6. Shallow dive / swim 25 yards</li> </ol>			<ol style="list-style-type: none"> <li>1. Tread water - 2 kicks</li> <li>2. Survival swimming</li> <li>3. Tuck and pike surface dive</li> <li>4. Rescue breathing</li> <li>5. Front flip turn</li> <li>6. Backstroke flip turn</li> </ol>	
		<ol style="list-style-type: none"> <li>1. Breaststroke - 50 yards</li> <li>2. Front crawl - 200 yards</li> <li>3. Back crawl - 100 yards</li> <li>4. Butterfly - 25 yards</li> <li>5. Sidestroke with inverted kick</li> </ol>			<ol style="list-style-type: none"> <li>1. Review surface dives</li> <li>2. Review standing dives</li> <li>3. Tread water - 5 minutes</li> <li>4. Brick from 10 feet-Dive to retrieve</li> <li>5. 500 yard swim-stroke of choice</li> <li>6. Improve turns</li> <li>7. Underwater swim - 15 yards</li> </ol>	