



Anderson Adventure Camp H2O

Camp Swim Level Descriptions

School Age I – Beginner (**PINK**/STARFISH)

Child has no swimming experience, and has never been enrolled in lessons.

This level introduces the inexperienced or fearful child to the water.

School Age I – (**RED**/TURTLE)

Child has little swimming lesson experience.

Child must be comfortable entering and exiting the water, and will learn how to hold their breath, blow bubbles, and put their face in the water. Floating, and the front glide will be taught.

School Age II – (**ORANGE**/OCTOPUS)

Child must be comfortable putting their face in the water, float on their belly unassisted, and do a front glide for 5 feet.

Child will learn locomotion skills; the flutter kick and basic paddle stroke will be taught. Child will practice treading water, as well as breath control.

School Age III – (**YELLOW**/MANTA RAY)

Child must be able to swim 15-20 feet, unassisted, with multiple breaths. Child should be able to do a front and back glide.

This level teaches confidence and water independence. Change of direction and diving to the bottom of the shallow pool is mastered. Treading water, recovery to a swimming position, and change of direction are mastered.

School Age III – (**ADVANCED YELLOW**/OTTER)

Child must be comfortable swimming 20-25 feet, without the use of the ½ noodle.

Child will strengthen their side breath for the freestyle stroke in this level. A half of a lane will be used for this level, rather than the shallow end, so the child can get used to swimming in a lane.

School Age III – Endurance (GREEN/SEA LION)

Child must be able to tread water comfortably, swim 30 feet using the ½ noodle doing rainbow arms, and kick on their back with the kickboard for 25-30 feet.

Child will be taught to swim freestyle and backstroke without assistance, how to circle swim, and how to swim with fins. The elementary backstroke will be taught in the event they are too tired to finish the lap.

School Age IV – (BLUE/CROCODILE)

Child must be able to swim 50 yards of freestyle and backstroke, and 25 yards of elementary backstroke.

Child will become comfortable with distance and deep water swimming, and will be taught a new stroke, the breaststroke.

School Age V – (TURQUOISE/KILLER WHALE)

Child must be able to swim 100 yards of freestyle and backstroke with proper form, as well as 50 yards or breaststroke.

In this level, the child will learn 2 new strokes, sidestroke and butterfly. Endurance and stamina will continue to increase. Treading water with an egg beater kick will be taught.

School Age VI – (PURPLE/GREAT WHITE SHARK)

Child must be able to swim all 4 competitive strokes with proper form and efficient technique. Child must be proficient with deep water and distance swimming. Child must be able to tread water.

The objective of this level is to prepare the child for a formal swim team. The 4 competitive strokes are mastered. Swim team prep starts with racing dives and flip turns.

Swim Team – BLACK

Child is on the RBAC swim team, or at another aquatics center.