

# SWIMMING LEVELS DETAILS



## VERSAILLES POOL

### SIMILAR TO THE OLYMPIC WAY PROGRAM

A child must master every skill at each level before progression to the next. Ages are for informational purposes only.

LEVEL	SKILLS LEARNED
<b>WHITE</b> 3-7 years	<ul style="list-style-type: none"> <li>• Jump from side with bubble on, unassisted.</li> <li>• Swim 12 m (1 width) with bubble on, forward swimming arms with directional control.</li> <li>• Blow bubbles while swimming with bubble on.</li> <li>• Swim 2 m unassisted (no jump), face in the water.</li> <li>• Back float with head assistance.</li> <li>• Climb in and out of the pool, unassisted.</li> </ul>
<b>YELLOW</b> 3-7 years	<ul style="list-style-type: none"> <li>• Jump in, unassisted.</li> <li>• Demonstrate a front and a back glide – push off the wall, body at surface.</li> <li>• Swim 12 m unassisted with no bubble, face in water.</li> <li>• Front float unassisted (5 seconds).</li> <li>• Back float unassisted, face at the surface (5 seconds).</li> <li>• Tread water (10 seconds).</li> </ul>
<b>GREEN</b> 4-11 years	<ul style="list-style-type: none"> <li>• Push off wall streamline with kick – 6 m.</li> <li>• Swim Front Crawl – 12 m (1 width) with face in water and arms out, begin breathing to the side.</li> <li>• Endurance swim – 24 m continuously.</li> <li>• Backstroke kick – 12 m (1 width) with head back and horizontal body position.</li> <li>• Rolling floats (front to back, back to front).</li> <li>• Tread water (30 seconds).</li> </ul>
<b>RED</b> 5-15 years	<ul style="list-style-type: none"> <li>• Submerged push off into streamline kick.</li> <li>• Front Crawl – 25 m with breathing to the side, full arm extension and finished pull.</li> <li>• Backstroke kick – 25 m horizontal body position, feet break surface of water.</li> <li>• Backstroke – 12 m (1 width) with flat body position, straight arm recovery.</li> <li>• Retrieve an object from the bottom of the pool.</li> <li>• Introduction to stationary egg-beater.</li> </ul>

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<b>BLUE</b> 6-16 years	<ul style="list-style-type: none"><li>• Submerged push off into streamline kick (front).</li><li>• Push off wall streamline position (back).</li><li>• Front crawl – 50 m bilateral breathing.</li><li>• Backstroke – 25 m continuous and alternating arms.</li><li>• Breaststroke kick – 25 m proper turnout of feet, forward propulsion.</li><li>• Introduction to travelling egg-beater.</li></ul>
<b>BRONZE</b> 7-16 years	<ul style="list-style-type: none"><li>• Submerged push off the wall, streamline position.</li><li>• Front Crawl – 50 m proper catch, pull, finish.</li><li>• Backstroke – 50 m shoulder roll, steady kick.</li><li>• Breaststroke – 50 m coordination of pull-breathe-kick-glide.</li><li>• Introduction to starts.</li></ul>
<b>SILVER</b> 8-16 years	<ul style="list-style-type: none"><li>• Front Crawl – 75 m.</li><li>• Backstroke – 75 m underwater arm action with catch-pull-finish.</li><li>• Breaststroke – 75 m proper arm mechanics and timing.</li><li>• Butterfly kick – 50 m legs together, full kick from hip.</li><li>• Introduction to butterfly arms.</li><li>• Introduction to flip turns.</li></ul>
<b>GOLD</b> 9-16 years	<ul style="list-style-type: none"><li>• Front Crawl – 100 m.</li><li>• Backstroke – 100 m.</li><li>• Breaststroke – 100 m.</li><li>• Butterfly – 50 m proper arm mechanics and timing.</li></ul>

Source : [pointe-claire.ca/en/simming-levels-the-olympic-way-inc/](http://pointe-claire.ca/en/simming-levels-the-olympic-way-inc/)