

Carmel Aquatic Center: Group Swim Lessons Levels

Levels	Skills in each Level
White Cap – (1) Introduction to Water Skills	<ul style="list-style-type: none"> ○ Introduction to Pool – slide in entry ○ Kick on Side of pool with straight legs ○ Face in water without swallowing/inhaling water (mouth, nose, eyes) ○ Blow bubbles and Bobs in water (mouth & nose) ○ Lie on front/back in water w/help from instructor (no K-board) ○ Submerge w/help from instructor ○ Explore hand & leg movements in water w/help from instructor
Yellow Cap - (2) Fundamentals	<ul style="list-style-type: none"> ○ Kick with straight legs on kickboard ○ Front Float (prone position) & Back Float – 10 seconds without help ○ Introduction to bilateral breathing using wall ○ Explore hand and leg movements without help/must swim on own! ○ Jump in from side of pool & push off pool bottom (self-propel to surface) ○ Open eyes underwater, pick up submerged object ○ Front & Back glides (streamline position) ○ Slide in entry – no help & Perform 5 bobs holding onto wall
Orange Cap – (3) Introduction to Competitive Stroke	<ul style="list-style-type: none"> ○ Open eyes and pick up submerged object w/ no help ○ Front & Back glides (streamline) – 5 yards with no help! ○ Roll from front to back; back to front unassisted -10 seconds ○ Introduction to bilateral breathing in freestyle ○ Kick on kickboard with bilateral breathing ○ Swim freestyle with bilateral breath & backstroke – 5 yards NO help ○ Sitting Dives & jump in face in water without swallowing/inhaling water
Green Cap – (4) Introduction to Drills & Techniques	<ul style="list-style-type: none"> ○ Technique work and drills in Freestyle & Backstroke ○ Introduce treading water – whip, scissors ○ Kneeling dives (5ft or above) ○ Introduction to Finning & Sculling (flap wings or crazy eights) ○ Learn Breaststroke w/correct timing (pull, breath, kick, glide)
Blue Cap - (5) Stroke Improvement	<ul style="list-style-type: none"> ○ Technique work on freestyle, backstroke, and breaststroke (25 yards) ○ Learn butterfly w/ correct timing (head up/hips down; hips up/head down) ○ Introduction to open turns & flip turns ○ Standing dive (5 ft or above) ○ Tread water – rotary kick ○ Explore movement of finning and sculling (move through water)