

# Dolphin Swim School – Swim Level Descriptions

## Which Stage is Your Swimmer Ready For?

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### White Level

**Focus:** Trust & Submersion

**Skills Learned:**

- Jump to instructor
  - Sit independently
  - Wall walk
  - Follow directions
  - Climb out independently
  - Pour water over head
  - Hold breath
  - Look underwater (with & without goggles)
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### Red Level

**Requirements:** Must meet all White skills

**Focus:** Body Position & Air Recovery

**Skills Learned:**

- Submerge and float back up
  - Assisted front & back streamline
  - Assisted/unassisted rolls (front to back & vice versa)
  - Submerge and recover for air
  - Assisted/unassisted back float
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### Yellow Level

**Requirements:** Must meet White & Red skills

**Focus:** Treading Water

**Skills Learned:**

- Front/back streamline with kick
  - Rotation to side glide with kick
  - Forward movement with kick and pull (front & back)
  - Retrieve submerged object
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### Blue Level

**Requirements:** Must meet White, Red & Yellow skills

**Focus:** Body Rotation

**Skills Learned:**

- Tread water
  - Side glide with kick (all sides)
  - Streamline to side glide transitions
  - Front/back streamline with rotation
  - Side glide to stroke and roll for breathing
  - Freestyle/backstroke stroke with rolling for breath
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### **Green Level**

**Requirements:** Must meet White, Red, Yellow & Blue skills

**Focus:** Integrated Movement

**Skills Learned:**

- Survival float
  - Side glide + 3 freestyle strokes + roll to back
  - Link multiple stroke sets with rolls for breath
  - Dive from side
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If you have any questions about selecting the right level—please reach out.

**Here's to a great summer!**

**Sam & the Adventure Central Swim Lesson Team**