

Day Camp @ the JCC

Level 1 - Blue

Skills:

enter water safely using ramps, stairs or side
exit water safely using ramps, stairs or side
enter water by jumping from side
blow bubbles, 3 seconds
front float, 3-5 seconds
back float, 3-5 seconds
submerge mouth, nose and eyes
front glide, 2 body lengths
open eyes underwater and retrieve submerged objects
recover from a front glide to a vertical position
back glide, 2 body lengths
recover from a back float to a vertical position
roll from front to back with help
roll from back to front
tread water using arm and hand action
alternating leg action on front, 2 body lengths
alternating arm action on front, 2 body lengths
combined arm and leg actions on front, 2 body lengths
alternating leg action on back, 2 body lengths
alternating arm action on back, 2 body lengths
combined arm and leg actions on back, 2 body lengths
bobbing, 5 times
tread water using arm and leg actions, 10 seconds

Safety Topics:

staying safe around water
recognizing the lifeguards
don't just pack it, wear your jacket
recognizing an emergency
how to call for help
too much sun is no fun
look before you leap

Exit Skills Assessment:

1. enter independently, travel 5 yards, submerge mouth to blow bubbles for 3 seconds, then safely exit the water
2. while in shallow water, glide on front for at least 2 body lengths
3. glide on back for at least 2 body lengths, roll to front, then recover to vertical position
4. swim using combined arm and leg actions on front for 3 body lengths, roll to back, float for 15 seconds, roll to front, then continue swimming on front for 3 body lengths.

Day Camp @ the JCC

Level 2 - Red

Skills:

enter water by jumping in (shoulder-deep water)
fully submerging and holding breath, 10 seconds
open eyes underwater and retrieve submerged objects (3 times)
bobbing, 10 times
front float, 5 seconds/10 seconds
float in face-down position - jellyfish float
float in face-down position - tuck/turtle float
front glide, 3 body lengths
roll from back to front
roll from front to back
combined arm and leg actions on front, 5 body lengths
combined arm and leg actions on back, 5 body lengths
change direction of travel while swimming on front or back
finning arm action on back, 5 body lengths
tread water, 30 seconds (shoulder-deep water)
rotary (side) breathing, 5 times
front crawl (arms, pull, flutter kick with side breathing)
backstroke kick
elementary backstroke kicks
elementary backstroke arms
elementary backstroke combined arms and legs
introduction of backstroke arms
breastroke kick
breastroke arms
scissors kick

Safety Topics:

staying safe around water
recognizing the lifeguards
don't just pack it, wear your jacket
recognizing an emergency
how to call for help
too much sun is no fun
reach or throw, don't go
the danger of drains
developing breath control safely
making good decisions - choosing an exit point

Exit Skills Assessment:

1. step from the side into chest-deep water, push off from the bottom, move into a treading or floating position for 15 seconds, swim on front/back for 5 body lengths then exit the water.
2. push off in a streamlined position then swim front crawl for 15 yards, change position and direction as necessary, swim elementary backstroke for 15 yards, exit the water.

Day Camp @ the JCC
Level 3 - Green

Skills:

enter water by jumping in (shoulder deep water)
enter water by jumping from the side (into deep water), fully submerge then recover to the surface and return to the side
fully submerge and hold breath, 10 seconds
bobbing while moving toward safety, 15 times (chest-deep water)
float in a face-down position, 30 seconds with breathing
back float, 1 minute
tread water, 1 minute
push off in a streamlined position on front, then begin flutter kicking, 3 to 5 body lengths
push off in a streamlined position on back, then begin flutter kicking, 3 to 5 body lengths
rotatory (side) breathing, 10 times
rotatory (side) breathing, 15 times
front crawl, 15 yards (arms, pull, flutter kick, side breathing)
backstroke kick, 15 yards
elementary backstroke, 15 yards
breaststroke, 15 yards
scissors kick, 15 yards
push off in a streamlined position on front, then begin dolphin kicking, 3 to 5 body lengths

Safety Topics:

staying safe around water
recognizing the lifeguards
don't just pack it, wear your jacket
recognizing an emergency
how to call for help
too much sun is no fun
reach or throw, don't go
the danger of drains
developing breath control safely
making good decisions - choosing an exit point

Exit Skills Assessment:

1. step from side into chest-deep water, push off the bottom, move into treading or floating position for 15 seconds, swim on front/back for 5 body lengths, exit.
2. push off in streamlined position then swim front crawl for 15 yards, change position and direction as necessary, swim elementary backstroke for 15 yards, exit.
3. jump into deep water from side, recover to the surface, maintain position by treading or floating for 1 minute, rotate one full turn then turn as necessary, level off, swim front crawl to wall, exit water.
4. tread water, 1 minute
5. back float, 1 minute.

Day Camp @ the JCC
Level 4 - White

Skills:

enter water by jumping from the side, into deep water, fully submerge, then recover to the surface and return to the side
headfirst entry from the side in a sitting position into deep water
headfirst entry from the side in a kneeling position into deep water
tread water, 3 minutes, in deep water
headfirst entry from the side in a stride position
swim underwater, 3-5 body lengths with controlled breathing
feetfirst surface dive, submerging completely
front crawl open turn
back crawl open turn
tread water using 2 different kicks, 2 minutes
front crawl, freestyle, 25 yards and 50 yards
breaststroke, 25 yards and 50 yards
dolphin kicks, 15 yards
butterfly, 15 yards and 25 yards
elementary backstroke, 25 yards and 50 yards
sidestroke, 15 yards and 25 yards
shallow angle dive from the side
shallow angle dive from the side, glide 2-3 body lengths, start any stroke
tuck surface dive, submerging completely
front flip turn while swimming
backstroke flip turn while swimming
tread water, 5 minutes
backstroke, 50 yards
standard skull, 30 seconds
introducing Individual Medley

Safety Topics:

staying safe around water
recognizing the lifeguards
don't just pack it, wear your jacket
recognizing an emergency
how to call for help
too much sun is no fun
reach or throw, don't go
the danger of drains
developing breath control safely
making good decisions - choosing an exit point
how to call for help
think twice before going near cold water or ice

Exit Skills Assessment:

1. perform a shallow angle dive into water at least 8-ft deep, swim front crawl for 50 yards, then elementary backstroke for 50 yards, using appropriate and efficient turning styles throughout.
2. swim breaststroke for 25 yards, change direction as necessary and then swim backstroke for 25 yards using appropriate and efficient turning styles throughout.
3. Individual Medley - 4 strokes