

## Dolphin Sea Green

Swimmers who have received their Maroon bracelet can join this class. Swimmers are comfortable in the water on their front and their back. Swimmers are starting to work on rollover breathing with front crawl assisted or independently. Swimmers are also working on arm and leg coordination for their backstroke. Swimmers should be close to swimming independently 20 + feet. Swimmers can also be introduced to a third stroke depending on comfortability and confidence.

### Skills working on:

- Front crawl with independent rollover breathing, (introduction to side breathing) 20+ feet
- Backstroke 20+ feet
- Introduction to a third stroke, breaststroke or butterfly
- Jumping in and turning around to the wall independently and without goggles
- Introduction to treading water 15 + seconds

## Dolphin Purple

Swimmers who have received their Sea Green bracelet can join this class. Swimmers are confident with their front crawl. Their breathing should be independent with rollovers or assisted side breathing. Backstroke will have arm and kick coordination and working on shoulder roll with the pull. Swimmers will also be introduced to either breaststroke or butterfly and have a basic understanding of how the stroke works. Swimmers should be able to swim independently for 40 + feet.

### Skills working on:

- Freestyle with side breathing 40+ feet (swim comfortably down and back at OPP pool)
- Backstroke 40+ feet (swim comfortably down and back at OPP pool)
- Third stroke introduction and basic understanding swim at least 20+ feet
- Possibly introduced to a fourth stroke
- Treading water 30 + seconds

## Dolphin Silver

Swimmers who have received their purple bracelet can join this class. Swimmers are comfortable and confident in the water. Swimmers should be swimming easily without needing assistance from instructor. Swimmers should have independent side breathing with front crawl/freestyle, backstroke and their third stroke should be at or near proficient status. Introduction to their fourth stroke and have a basic understanding with coordination of the stroke. Swimmers should be able to swim independently for 60 + feet.

### Skills working on:

- Freestyle with side breathing 60+ feet (swim comfortably down and back at OPP pool)
- Backstroke 60+ feet (swim comfortably down and back at OPP pool)
- Third stroke have a stronger sense of coordination and movement swim 60 + feet
- Fourth stroke introduced with a sense of basic movement and swim 40+ feet
- Treading water 45 + seconds