Black Bear Lake Day Camp
Swim Levels

SHRIMP

Preschool Level A
Part 1 - With Support
- Properly enters & exits water
- Submerge mouth, nose and eyes
- Blow bubbles
- Open eyes underwater and retrieve submerged object
- Front glide and recover to a vertical position
- Staying safe around water
- Recognizing the lifeguards

GUPPY

Preschool Level B
Part 2 - With Support
- Back float, back glide and recover to vertical position
- Rotary Breathing
- Roll from front to back & back to front
- Tread with arms and hand actions
- Alternating and simultaneous leg and arm actions on back
- Combined arm & leg actions on front
- Combined arm & leg actions on back
- Recognizing an emergency
- How to call for help

TROUT

Preschool Level C
With Assistance
- Enter water by stepping in shoulder-deep water
- Bobbing
- Front float and recover to a vertical position
- Tread water with arm and leg actions
- Finning ARM action on back
- Too Much Sun is No Fun!
- Look before you leap

SWORDFISH

Preschool Level D
Independently
- Enter water by jumping in shoulder-deep water
- Fully submerge and hold breath
- Front float
- Jellyfish float
- Tuck float
- Think so you don't sink
- Reach or throw - don't go

SAILFISH

Level 1 - Part 1
Beginner
- Enter water independently
- Blow Bubbles
- Bobbing
- Open eyes under water and retrieve submerged object
- Front glide and float
- Back glide and float
- Staying safe around water
- Recognizing the lifeguards

MARLIN

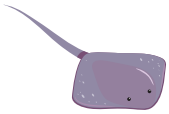
Level 1 - Part 2
Beginner
- Roll from front to back and back to front
- Tread water, using arm and hand actions
- Alternating and simultaneous leg and arm actions on front
- Alternating and simultaneous leg and arm actions on back
- Combined arm and leg actions on front
- Combined arm and leg actions on back
- Recognizing an emergency
- How to call for help

SHARK

Level 2 - Part 1
Beginner
- Jumping into chest deep water
- Fully submerge and hold breath
- Bobbing
- Open eyes under water and retrieve
- submerged objects
- Front, jellyfish and tuck floats
- Front glide and float
- Too Much Sun Is No Fun!
- Look before you leap

DOLPHIN

Level 2 - Part 2
Beginner
- Back glide and float
- Roll from front to back and back to front
- Tread water, using arms and legs
- Change direction of travel while swimming on front
- Combined arm and leg actions on front
- Combined arm and leg actions on back
- Finning arm action on back
- Think so you don't sink

STINGRAY

Level 3 - Part 1
Intermediate
- Jumping into deep water
- Headfirst entry from seated and kneeling positions
- Bobbing while moving to safety
- Rotary breathing
- Survival float
- Back float
- Reach or throw, Don't Go!
- Think Twice Before Going Near Ice

BARRACUDA

Level 3 - Part 2
Intermediate
- Tread water for 30 seconds
- Front Crawl - 15 yards
- Elementary Back Stroke - 15 yards
- Flutter kick
- Scissor kick
- Dolphin kick
- Push off in streamlined position on front, then kick
- Look before you leap

KINGFISH

Level 4 - Part 1
Intermediate
- Headfirst entry in compact and stride positions
- Feetfirst surface dive
- Front crawl - 25 yards
- Elementary backstroke - 25 yards
- Breaststroke - 15 yards
- Back crawl - 15 yards
- Reaching assist
- Throwing assist

NEPTUNE

Level 4 - Part 1
Intermediate
- Butterfly - 15 yards
- Sidestroke - 15 yards
- Open turns on front and back
- Flutter kick on back
- Dolphin kick on back
- Push off in streamlined position on back
- Think so you don't sink
- Look before you leap

STROKE REFINEMENT 1

Level 5 - Part 1
Advanced
- Shallow angle dive into deep water
- Tuck surface dive
- Pike surface dive
- Front crawl - 50 yards
- Elementary backstroke - 50 yards
- Breaststroke - 50 yards
- How to call for help
- Reach or Throw, Don't Go!
- Look before you leap

STROKE REFINEMENT 2

Level 5 - Part 2
Advanced
- Tread water for 5 minutes
- Sculling
- Back crawl for 25 yards
- Butterfly - 25 yards
- Sidestroke - 25 yards
- Front flip turn
- Back flip turn
- Think so you don't sink
- Think twice before going near ice

ADVANCED OPTIONS 1

Level 6 - Part 1
Advanced
- Surface dive and retrieve object from 7-10' deep
- Front crawl - 100 yards
- Elementary backstroke - 100 yards
- Breaststroke - 50 yards
- Back crawl - 50 yards
- Help position
- Huddle position
- Survival float
- Survival swimming

ADVANCED OPTIONS 2

Level 6 - Part 2
Advanced
- Tread water, kicking only
- Butterfly - 50 yards
- Sidestroke - 50 yards
- Open turns
- Front and back flip turns when swimming
- Think so you don't sink
- Swim with a buddy in a supervised area