

Olympic Way Swim Level Descriptions

White

- * Jump from the side with bubble on, unassisted
- * Swim 12m with bubble on, forward swimming arms
- * Blow bubbles while swimming with bubble on
- * Swim 2m unassisted (no jump)
- * Back float with head assistance

Yellow

- * Jump in, unassisted
- * Demonstrate a front and back glide
- * Swim 12m, face in the water
- * Front float and back float, in assisted (5 sec)

Green

- * Push off wall streamline with kick (6m)
- * Front crawl – 12m (face in the water and arms out, body flat at surface)
- * Endurance swim – 24m continuously
- * Backstroke kick – 12m (head back, horizontal body position)
- * Rolling floats
- * Retrieve item from the bottom of pool

Red

- * Submerged push off into streamline kick (front)
- * Front crawl – 25m (steady body position, breathing to the side)
- * Backstroke kick – 25m (horizontal body position)
- * Backstroke – 12m (straight arm recovery)

Blue

- * Push off wall streamline position on back
- * Front crawl – 50m (bilateral breathing, continuous arm and leg movement)
- * Backstroke – 25m (continuous and alternating arms)
- * Breaststroke kick – 25m (proper turn out of feet)

Bronze

- * Front crawl – 50m (underwater arm action with catch-pull-finish)
- * Backstroke – 50m (shoulder roll, continuous kick)
- * Breaststroke – 50 m (coordination of pull-breathe-kick-glide)
- * Intro to Shallow Dives
- * Butterfly kick – 50m (legs together, "dolphin" body action)

Silver

- * Front crawl – 75m
- * Backstroke – 75m (underwater arm action with catch-pull-finish)
- * Breaststroke – 75m (arm action with catch-pull-finish)
- * Intro to Butterfly Arms
- * Intro to Flip Turns

Gold

- * Front crawl – 100m
- * Backstroke – 100m
- * Breaststroke – 100m
- * Butterfly – 50 m (underarm action with catch pull finish)