



Dolphin Skills (Level 4)

Blue Card

- _____ Flutter Kick on front with kickboard 20 yards
- _____ Front Crawl Arms and breathing with pull buoy 20 yards
- _____ Open turn on the front and push off into a streamlined position

GOAL

- _____ Front crawl – 25 yards

Blue Card

- _____ Survival Swim (1 min) Back float
- _____ Elementary Backstroke Kick with kickboard 15 yards
- _____ Elementary Backstroke Arms with pull buoy 15 yards
- _____ Combined Arms & Legs Elementary Backstroke emphasize glide – 10 yards.

GOAL

- _____ Elementary backstroke – 25 yards

Blue Card

- _____ Tread water using 2 different kicks (2 min)
- _____ Breaststroke Kick with kickboard 10 yards
- _____ Breaststroke Arms with pull buoy 10 yards

GOAL

- _____ Breaststroke with pull, breath, kick, glide sequence - 15 yards

Blue Card

- _____ Feet-first surface dive Swim underwater Swim underwater (3 - 5 body lengths)
- _____ Back Crawl Kick with kickboard 10 yards
- _____ Back Crawl Arms with pull buoy 10 yards
- _____ Open turn on back and push off into a streamlined position

GOAL

- _____ Back crawl – 15 yards

Blue Card

- _____ Butterfly Kick with kickboard 10 yards
- _____ Butterfly arms with pull buoy 10 yards
- _____ Stride dive from side of pool

GOAL

- _____ Butterfly – 15 yards

Blue Card

- _____ Sidestroke Kick with kickboard 10 yards
- _____ Sidestroke Arms with pull buoy 10 yards
- _____ Safety Skills

GOAL

- _____ Sidestroke – 15 yards

- EXIT SKILLS:**
- _____ 1. Perform a feet-first entry into chest-deep water, swim front crawl for 25 yards, change direction and position as necessary and swim elementary backstroke for 25 yards.
 - _____ 2. Swim breaststroke for 15 yards, change direction and position as necessary and swim back crawl for 15 yards.

_____ **Congratulations! You Completed Dolphin Level**

Dolphin Front Crawl Stroke Performance Criteria

Body Position	Body horizontal to 15 degrees from surface; performs body roll; occasional side-to-side motion of trunk and legs acceptable
Arms	Above-water recovery with arm bent at elbow (arm straight at elbow acceptable); hands enter above the level of the head, fingertips first shoulder-width apart; arm extends fully after entry; arm bent at elbow during power phase; power phase finishes beyond the hip.
Legs	Continuous kicking that starts from the hips; ankles and knees extended but not rigid; feet remain below the surface (moderate splash acceptable).
Breathing & Timing	Face in water; breathing to the side; exhale under water on each breath; arms alternate (slight hesitation during breathing acceptable).

Dolphin Elementary Backstroke Stroke Performance Criteria

Body Position	Body horizontal to 15 degrees from surface; trunk and legs are aligned; slight chin tuck, ears near or below the surface
Arms	Hands remain under the surface and recover near or at the side of the body; arms may extend at or be above shoulder level; arms nearly straight at elbow at beginning of catch; arms partially bent at elbow during extension (wrists may be bent; power phase ends at the level of the hips).
Legs	Knees remain below the surface of the water; knees and hips aligned; knees may be wider than ankles; heels drop by bending knees; ankles rotate outward with toes wider than the heel of the foot; lower legs move symmetrically in a circular pattern as knees return to a fully extended position; legs together, toes pointed with minimal movement.
Breathing & Timing	Relaxed rhythmic breathing pattern; arms and legs begin recovery at same time; some glide occurs at end of power phase.

Dolphin Breaststroke Stroke Performance Criteria

Body Position	Trunk horizontal to 30degrees from surface during glide.
Arms	Hands may begin catch wider than shoulder width; arm bend at elbow increases as hand moves toward waist (hands may be level or slightly deeper than elbows); hands may sweep beyond the shoulder, but not beyond waist.
Legs	Legs bend at the knees bringing heels toward buttocks; knees may be wider than hips and ankles; heels may break surface of water; ankles may bend throughout power phase; occasional scissors kick acceptable; legs may be partially bent at the knees at the end of the power phase; occasional flutter kick during glide position acceptable.
Breathing & Timing	Rudimentary form of pull, breath, kick, glide sequence; minimal glide with some forward motion acceptable.

Dolphin Back Crawl Stroke Performance Criteria

Body Position	Trunk horizontal to 30 degrees from surface; ears may be out of water, chin on chest; hips maybe bent; rudimentary body roll; slight side to side motion between shoulders and hips acceptable
Arms	Above-water arm recovery (elbows below surface acceptable; hands may enter at or above shoulder level; arm straight at elbow during power phase acceptable.
Legs	Continuous kicking; occasional bicycling action acceptable; legs bent at knees acceptable; feet may break surface of water.
Breathing & Timing	Occasional breath-holding acceptable; arms in opposition (hesitation at finish acceptable

Dolphin Butterfly Stroke Performance Criteria

Body Position	Trunk may be horizontal to 30 degrees from the surface; face in water
Arms	Above-water arm recovery (arms may contact the water); hands may enter wider than shoulders; arms may be straight at the elbow during the recovery and catch actions; palms face backwards throughout pull; power phase finishing at waist acceptable; arms may be bent at elbow during finish
Legs	Legs may be partially extended at the knee during the downbeat; minimal movement of the hip during the downbeat acceptable; legs may bend at the knees during upbeat (feet may break the surface; some flutter action acceptable).
Breathing & Timing	Arms pull and recover with minimal leg kick; arms may hesitate at side before recovery

Dolphin Sidestroke Stroke Performance Criteria

Body Position	Trunk horizontal to 30 degrees from surface; hips may roll away from midline; bottom ear may be out of water with head raised
Arms	Leading arm: hand may break surface of the water; elbow may be straight during catch; hand may continue past upper chest. Trailing arm: hand may break surface of the water; elbow may remain close to body; hand may pass by thigh and recover past shoulder of leading arm; arm may be partially bent at elbow.
Legs	Elements of the breaststroke or flutter kick acceptable; legs may separate slightly as knees bend in recovery; any type of foot and ankle position acceptable; legs may bend at the knees and be held loosely together during glide.
Breathing & Timing	Any type of breathing pattern with minimal breath-holding; arms and legs may move simultaneously; arm action may be continuous; some glide occurs at end of power phase.