

Marlin Skills (Level 5)



Blue Card

- _____ Front flip turn
- _____ Shallow-angle dive into deep water
- _____ Alternate side breathing

GOAL

- _____ Front crawl – 50 yards

Blue Card

- _____ Sculling on back (30 seconds)

GOAL

- _____ Elementary backstroke – 50 yards

Blue Card

- _____ Tread water (5 minutes)
- _____ Tread water, using legs only, (2 minutes)
- _____ Breaststroke Kick with kickboard 20 yards
- _____ Breaststroke Arms with pull buoy 20 yards

GOAL

- _____ Breaststroke – 25 yards

Blue Card

- _____ Tuck and pike surface dives
- _____ Back Crawl Kick with kickboard 20 yards
- _____ Back Crawl Arms with pull buoy 20 yards

GOAL

- _____ Back crawl – 25 yards

Blue Card

- _____ Butterfly Kick with kickboard 20 yards
- _____ Butterfly Arms with pull buoy 20 yards

GOAL

- _____ Butterfly – 25 yards

Blue Card

- _____ Sidestroke Kick with kickboard 20 yards
- _____ Sidestroke Arms with pull buoy 20 yards
- _____ Safety Skills

GOAL

- _____ Sidestroke – 25 yards

- EXIT SKILLS:**
- _____ 1. Perform a shallow-angle dive into deep water, swim front crawl 50 yards, then swim elementary backstroke for 50 yards, using efficient turning styles throughout.
 - _____ 2. Swim breaststroke for 25 yards, change direction and position of travel as necessary and swim back crawl for 25 yards, using efficient turning styles throughout.

_____ **Congratulations! You Passed Marlin Level**

Marlin Front Crawl Stroke Performance Criteria

Body Position	Body is nearly horizontal to the surface in a streamlined position; body roll is a fluid motion (head, trunk and legs are aligned).
Arms	Above-water recovery with arm bent at elbow; arm relaxed as hand moves toward the head; arm extends fully in coordination with body roll; elbow and hand move just outside the shoulders as the arm travels straight backward; palm presses toward feet until arm reaches full extension during finish
Legs	Continuous kicking that starts from the hips; ankles and knees extended but not rigid; feet remain below the surface (heels just break the surface).
Breathing & Timing	Exhale under water before the next breath during the power phase; head remains in line with the body (minimal head movement); alternate side breathing preferred.

Marlin Elementary Backstroke Stroke Performance Criteria

Body Position	Body is nearly horizontal to the surface with arms at side during glide; chin up; ears in the water.
Arms	Arms extend at or slightly above the shoulder level with hands no further than top of head; fingers lead arm extension; palms face toward feet; elbows extend as palms push backward and inward, stopping at the hips.
Legs	Heels drop by bending knees; ankles bend to 90 degrees and rotate outward with toes wider than heels of the feet; knees and ankles fully extending at the end of the power phase.
Breathing & Timing	Rhythmic breathing pattern (inhale during recovery and exhale during power phase); arm recovery begins slightly before leg recovery; arm and leg power phase begins simultaneously; extended glide after power phase.

Marlin Breaststroke Stroke Performance Criteria

Body Position	Trunk horizontal to 15 degrees from surface during glide; body incline should become more level following kick.
Arms	Palms begin moving outward at or narrower than shoulder width (arms slightly bent); in the mid pull, sweep the hands downward and inward; bend at elbow increases as hands move toward chest (hands deeper than elbows by end of pull); hands should not sweep beyond the upper chest area; sweep hands back together so that hands travel along the midline underneath the body to streamlined position.
Legs	Legs bend at the knees bringing heels toward buttocks (legs bending slightly at hips); knees and hips should be aligned (knees do not separate beyond hip width); ankles bend and rotate outward with toes wider than the heel of foot; knees and ankles extend at the end of the power phase (legs partially bent at the knees and ankles acceptable).
Breathing & Timing	Pull, breathe, kick, glide sequence; rhythmic breathing with each cycle; glide after recovery with arms extended; slight hesitation before recovery acceptable.

Marlin Back Crawl Stroke Performance Criteria

Body Position	Body horizontal to 15 degrees from surface; head back with ears submerged; rudimentary body roll; trunk and legs should be aligned.
Arms	Above-water recovery (arms may be partially bent at elbow; hands exit thumb-side or little finger first; hands enter little finger first about shoulder-width apart; arm partially bent at elbow during power phase; hand and forearm finish beyond hip.
Legs	Continuous kicking that starts from the hips; legs slightly bent at the knees during upward kick and straight at knees with toes pointed during the downward kick; feet remain below the surface (moderate splashing acceptable).
Breathing & Timing	Relaxed rhythmic breathing pattern; arms in opposition (slight hesitation at finish acceptable)

Marlin Butterfly Stroke Performance Criteria

Body Position	Trunk horizontal to 15 degrees from the surface; head, trunk and legs are aligned with minimal movement to the left or right of the midline
Arms	Above-water recovery (straight elbow) occasional arm contact with the water acceptable; hands should enter at shoulder width, with fingertips facing down; arms partially bent at elbows; arms start wide then move to inside the width of body at waist; hands press back toward the feet past the hips.
Legs	Legs may separate slightly at knees during kick with minimal flutter action; single kick action acceptable; hips flex and knees extended; knees slightly bent; hips raise as legs extend.
Breathing & Timing	Face-forward head lift begins at start of catch; head re-enters the water after taking breath and hands pull toward waist; one leg kick paired with each arm cycle at a minimum; arms should recover directly from the finish (minimal delay before recovery acceptable)

Marlin Sidestroke Stroke Performance Criteria

Body Position	Trunk horizontal to 30 degrees from surface; hips may roll away from vertical; bottom ear in the water.
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	Scissors kick; 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	Rhythmic breathing pattern; arms and legs move simultaneously; some glide occurs at end of power phase.