



Swimming Program

Tamarak Day Camp has a long tradition of swimming excellence. We believe that swimming is an important learning and recreational activity. Our program is based upon the premise that learning to swim can help develop an individual's self confidence and self esteem. Tamarak uses the American Red Cross Learn-to-Swim program as its guide to teaching swimming.

The American Red Cross Learn-to-Swim program progresses through six levels of achievement. The focus of the early swim levels is to achieve water competency by the completion of Level 3. The successful completion of upper swim levels prepares swimmers for entering courses such as Lifeguarding and WSI. The Learn-to-Swim program is progressive and the performance standards of the various swimming strokes are more demanding as the levels advance. Each swim level includes a set of "exit skills". These are performance activities that each swimmer must satisfactorily fulfill to complete the swim level. Returning campers who have established their swimming ability with us during the past summer will continue to work at their current level of achievement. The attached pages briefly explain each skill level and its specific exit skills.

The swim levels are as follows:

Level	Red Cross Title	Tamarak Name
1	Introduction to Water Skills	Star Fish
2	Fundamental Aquatic Skills	Eel
3	Stroke Development	Otter
4	Stroke Improvement	Dolphin
5	Stroke Refinement	Marlin
6	Swimming & Skill Proficiency	
	Personal Water Safety	Sting Ray
	Fitness Swimmer	Sail Fish

A Special Note: Returning campers have been pre-grouped in swim levels based on their level of achievement last season. A swim level report is included in this mailing. Campers who were not at Tamarak last year will be placed in an appropriate swim level during their first week of camp and a swim level report will be sent home with the camper. As in the past we will inform you of your camper's swim progress by sending home swim reports every other week.





Level 1: Star Fish – Introduction to Water Skills

Skills	Completion Requirements
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Water Adjustment, Entry and Exit

Enter water using ramp, steps or side	Demonstrate, independently
Exit water using ladder, steps or side	Demonstrate, independently

Breath Control and Submerging

Blow Bubbles	Demonstrate, at least 3 seconds
Bobbing	Demonstrate, at least 5 times
Open eyes under water and retrieve submerged object	Demonstrate, at least 2 times in shallow water

Buoyancy

Front glide	Demonstrate, with or without assistance, at least 2 body lengths
Recover from a front glide to a vertical position	Demonstrate, with or without assistance
Back glide	Demonstrate, with assistance, at least 2 body lengths
Back float	Demonstrate, with assistance, at least 5 seconds
Recover from a back float or glide to a vertical position	Demonstrate, with assistance

Changing Direction and Position and Treading

Roll from front to back	Demonstrate, with assistance
Roll from back to front	Demonstrate, with assistance
Arm and hand treading actions	Explore, in chest-deep water

Swim on Front

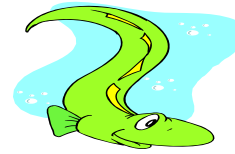
Alternating leg action on front	Demonstrate, with assistance, at least 2 body lengths
Simultaneous leg action on front	Demonstrate, with assistance, at least 2 body lengths
Alternating arm action on front	Demonstrate, with assistance, at least 2 body lengths
Simultaneous arm action on front	Demonstrate, with assistance, at least 2 body lengths
Combined arm and leg actions on front	Demonstrate, independently, at least 2 body lengths

Swim on Back

Alternating leg action on back	Demonstrate, with assistance, at least 2 body lengths
Simultaneous leg action on back	Demonstrate, with assistance, at least 2 body lengths
Alternating arm action on back	Demonstrate, with assistance, at least 2 body lengths
Simultaneous arm action on back	Demonstrate, with assistance, at least 2 body lengths
Combined arm and leg actions on back	Demonstrate, with assistance, at least 2 body lengths

Exit Skill

1. Enter independently, using either the ramp, steps or side; travel at least 5 yards; bob 5 times; then safely exit the water. (Participants can walk, move along the gutter or “swim”.)
2. Glide on front at least 2 body lengths, roll to a back float for 5 seconds and recover to a vertical position. (This part of the assessment can be performed with assistance.)



Level 2: Ell – Fundamental Aquatic Skills

Skills	Completion Requirements
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Water Adjustment, Entry and Exit

Enter water by stepping or jumping from the side	Demonstrate, independently, into shoulder-deep water
Exit water using ladder, steps or side	Demonstrate, independently, from chest-deep water

Breath Control and Submerging

Fully submerge and hold breath	Demonstrate, independently, at least 10 seconds
Bobbing	Demonstrate, independently, at least 10 times, in chest-deep water
Open eyes underwater and retrieve submerged objects	Demonstrate, independently, in chest-deep water, at least 3 times

Buoyancy

Front glide	Demonstrate, independently, at least 2 body lengths
Float in a face-down position <ul style="list-style-type: none"> • Front float • Jellyfish float • Tuck float 	Demonstrate, independently, at least 10 seconds
Recover from a front float or glide to a vertical position	Demonstrate, independently, in chest-deep water
Back glide	Demonstrate, independently, at least 2 body lengths
Back float	Demonstrate, independently, at least 15 seconds
Recover from a back float or glide to a vertical position	Demonstrate, independently, in chest-deep water

Changing Direction and Position and Treading

Roll from front to back	Demonstrate, independently
Roll from back to front	Demonstrate, independently
Change direction of travel while swimming on front or back	Demonstrate, independently
Tread water using arm and leg actions	Demonstrate, independently, at least 15 seconds, in shoulder-deep water

Swim on Front

Combined arm and leg actions on front	Demonstrate, independently, at least 5 body lengths
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Swim on Back

Finning arm action on back	Demonstrate, independently, at least 5 body lengths
Combined arm and leg actions on back	Demonstrate, independently, at least 5 body lengths

Exit Skill

<ol style="list-style-type: none"> 1. Step from the side into chest-deep water, push off the bottom, move into a treading or floating position for at least 15 seconds, swim on front and/or back for 5 body lengths, then exit the water. 2. Move into a back float for 15 seconds, roll to front, then recover to a vertical position. 3. Push off and swim using combined arm and leg actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to front, then continue swimming for at least 5 body lengths.



Level 3: Otter - Stroke Development

Skills	Completion Requirements
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Water Entry and Exit

Enter water by jumping from the side, fully submerge, then recover to the surface and return to the side	Demonstrate, into deep water
Headfirst entry from the side into a sitting position*	Demonstrate, in water at least 9 feet deep
Headfirst entry from the side in a kneeling position*	Demonstrate, in water at least 9 feet deep

Breath Control and Submerging

Bobbing while moving toward safety	Demonstrate, at least 15 times, in chest-deep water
Rotary breathing	Demonstrate, 15 times

Buoyancy

Survival float on front	Demonstrate, at least 30 seconds, in deep water
Back float	Demonstrate, at least 1 minute, in deep water

Changing Direction and Position and Treading

Change from vertical to horizontal position on front	Demonstrate, in deep water
Change from vertical to horizontal position on back	Demonstrate, in deep water
While in a vertical position, rotate one full turn	Demonstrate, in deep water
Tread water	Demonstrate, 1 minute, in deep water

Swim on Front

Push off in a streamlined position on front, then begin flutter kicking	Demonstrate, 3 to 5 body lengths
Push off in a streamlined position on front, then begin dolphin kicking	Demonstrate, 3 to 5 body lengths
Front crawl	Demonstrate, at least 15 yards
Breaststroke kick	Demonstrate, at least 15 yards

Swim on Back

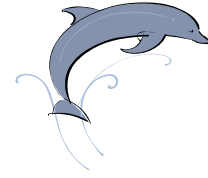
Elementary backstroke	Demonstrate, at least 15 yards
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Swim on Side

Scissors kick	Demonstrate, at least 15 yards
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Exit Skill

<p>1. Jump into deep water from the side, recover to the surface, maintain position by treading or floating for 1 minute, rotate one full turn then turn as necessary to orient to the exit point, level off, swim from crawl and/or elementary backstroke for 25 yards, then exit the water.</p>
<p>2. Push off in a streamlined position, then swim front crawl for 15 yards, change position and direction as necessary, swim elementary backstroke for 15 yards, then exit the water.</p>



Level 4: Dolphin – Stroke Improvement

Skills	Completion Requirements
Water Entry and Exit	
Headfirst entry from the side in a compact position*	Demonstrate in water at least 9 feet deep
Headfirst entry from the side in a stride position*	Demonstrate in water at least 9 feet deep
Breath Control and Submerging	
Swim underwater	Demonstrate 3 to 5 body lengths without hyperventilating
Feetfirst surface dive	Demonstrate, submerging completely
Buoyancy	
Survival swimming	Demonstrate, for at least 1 minute, while swimming
Changing Direction and Position and Treading	
Front crawl open turn	Demonstrate effective turn while swimming
Back crawl open turn	Demonstrate effective turn while swimming
Tread water using two different kicks (modified scissors, modified breaststroke or rotary)	Demonstrate, at least 2 minutes
Swim on Front	
Front Crawl	Demonstrate, at least 25 yards
Breaststroke	Demonstrate, at least 15 yards
Butterfly	Demonstrate, at least 15 yards
Swim on Back	
Push off in a streamlined position on back and begin flutter kicking	Demonstrate, 3 to 5 body lengths
Push off in a streamlined position on back and begin dolphin kicking	Demonstrate, 3 to 5 body lengths
Elementary backstroke	Demonstrate, at least 25 yards
Back crawl	Demonstrate, at least 15 yards
Swim on Side	
Sidestroke	Demonstrate, at least 15 yards
Exit Skill	
<ol style="list-style-type: none"> 1. Perform a feet-first entry into 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. 3. Submerge and swim a distance of 3 to 5 body lengths underwater without hyperventilating, return to the surface, then exit the water. 	



Level 5: Marlin - Stroke Refinement

Skills	Completion Requirements
Water Entry and Exit	
Shallow-angle dive from the side*	Demonstrate, in water at least 9 feet deep
Shallow-angle dive, glide 2 to 3 body lengths and begin any front stroke*	Demonstrate, in water at least 9 feet deep
Breath Control and Submerging	
Tuck surface dive	Demonstrate, submerging completely
Pike surface dive	Demonstrate, submerging completely
Changing Direction and Position and Treading	
Front flip turn	Demonstrate while swimming
Backstroke flip turn	Demonstrate while swimming
Tread water	Demonstrate, at least 5 minutes
Tread water, using legs only	Demonstrate, at least 2 minutes
Swim on Front	
Front crawl	Demonstrate, at least 50 yards
Breaststroke	Demonstrate, at least 50 yards
Butterfly	Demonstrate, at least 25 yards
Swim on Back	
Elementary backstroke	Demonstrate, at least 50 yards
Back crawl	Demonstrate, at least 25 yards
Standard (back) scull	Demonstrate, at least 30 seconds
Swim on Side	
Sidestroke	Demonstrate at least 25 yards
Exit Skill	
<p>1. Perform a shallow-angle dive into water at least 9 feet deep, swim front crawl for 50 yards, then swim elementary backstroke 50 yards using appropriate and efficient turning styles throughout.</p> <p>2. Swim breaststroke for 25 yards, change direction of travel as necessary, then swim back crawl for 25 yards using appropriate and efficient turning styles throughout.</p>	



Level 6: Sting Ray - Personal Water Safety

Skills	Completion Requirements
Swim on Front, Back and Side	
Front Crawl	Demonstrate, at least 100 yards
Elementary Backstroke	Demonstrate, at least 100 yards
Back Crawl	Demonstrate, at least 50 yards
Breaststroke	Demonstrate, at least 50 yards
Sidestroke	Demonstrate, at least 50 yards
Butterfly	Demonstrate, at least 50 yards

Turns

Front crawl open turn	Demonstrate while swimming
Back crawl open turn	Demonstrate while swimming
Front flip turn	Demonstrate while swimming
Backstroke flip turn	Demonstrate while swimming
Sidestroke open turn	Demonstrate while swimming
Butterfly turn	Demonstrate while swimming
Breaststroke turn	Demonstrate while swimming

Specialty Knowledge and Skills

HELP position	Demonstrate, at least 2 minutes, in deep water
Huddle position	Demonstrate, at least 2 minutes, in deep water
Feetfirst surface dive	Demonstrate, in water at least 7 feet deep
Tuck surface dive	Demonstrate, in water at least 7 feet deep
Pike surface dive	Demonstrate, in water at least 7 feet deep
Back float	Demonstrate, at least 5 minutes, in deep water
Survival float	Demonstrate, at least 5 minutes, in deep water
Survival swimming	Demonstrate, at least 10 minutes
Tread water, using legs only	Demonstrate, 2 minutes, in deep water
Surface dive and retrieve an object from the bottom	Demonstrate, in water at least 7 to 10 feet deep

Exit Skills Assessment

1. Swim 500 yards continuously using any 3 strokes, swimming at least 50 yards of each stroke
2. Jump into deep water, perform a survival float for 5 minutes, roll onto back and perform a back float for 5 minutes.
3. Perform a feet-first surface dive, retrieve an object from the bottom of the pool at a depth of 7 to 10 feet, return to the surface, then back to starting point.



Level 6: Sail Fish – Fitness Swimmer

Skills	Completion Requirements
Swim on Front, Back and Side	
Front crawl	Demonstrate, at least 100 yards
Elementary backstroke	Demonstrate, at least 100 yards
Back Crawl	Demonstrate, at least 50 yards
Breaststroke	Demonstrate, at least 50 yards
Sidestroke	Demonstrate, at least 50 yards
Butterfly	Demonstrate, at least 50 yards

Turns

Front crawl open turn	Demonstrate while swimming
Back crawl open turn	Demonstrate while swimming
Front flip turn	Demonstrate while swimming
Backstroke flip turn	Demonstrate while swimming
Sidestroke open turn	Demonstrate while swimming
Butterfly turn	Demonstrate while swimming
Breaststroke turn	Demonstrate while swimming

Specialty Knowledge and Skills

Surface dive and retrieve an object from the bottom	Demonstrate, in water at least 7 to 10 feet deep
Circle swimming	Demonstrate
Using a pace clock	Demonstrate
Using a pull buoy while swimming	Demonstrate, at least 25 yards
Using fins while swimming	Demonstrate, at least 25 yards
Using paddles while swimming	Demonstrate, at least 25 yards
Describe how to set up an exercise program	Discuss/demonstrate
Demonstrate various training techniques	Demonstrate
Calculate target heart rate	Demonstrate
Demonstrate aquatic exercise	Demonstrate

Exit Skill

1. Swim 500 yards continuously using any 3 strokes, swimming at least 50 yards of each stroke.
2. Perform the Cooper 12-minute swim test, and compare results with the pre-assessment results.