SEALS Check Sheet

DISCLAIMER; Each level sets a foundation of skills necessary for the next level of swimming. Although Boundary Waters does not implement the American Red Cross WSI program, BWAC staff has attempted to utilize the swimming components of each level and apply it to our current SEALS Program. The changes will allow guardians to track their child's progress and know what to expect from each level. The following is a summary of each level with the practiced skills and requirements to pass. **Due to the high demand of the program and how registration is conducted, placement is made based on skill level, age, and availability of spots.**

Level 1 (Basics)

This level is the first for SEALS program and introduces swimming to students. The goal of this level is for students to become acclimated to the water and practice basic water skills.

Skills Learned

- Kicking in the water (Flutter Kick)
- Blowing bubbles
- Floating
- Gliding (also known as Streamline)

PASS; Student demonstrates proficiency in all skills without hesitancy or fear.

Level 2 (Basic Plus)

This level introduces two of the basic swimming strokes, Freestyle and Backstroke. The goal of Level 2 is to introduce basic arm and leg movement for both strokes and incorporate skills from the previous level.

Skills Learned

- Freestyle Arms & Kick
- Backstroke Arms & Kick
- Swim more independently

PASS; Student pushes off the wall and swims Freestyle (arms and kick) to the rope and back unassisted. Backstroke may also be tested at this time.

Level 3 (Intermediate)

This level introduces Breaststroke, and incorporates Side Breathing for Freestyle. The goal of Level 3 is to swim independently and for longer periods of time while incorporating skills previously learned.

Skills Learned

- Breaststroke Kick & Order of movement

- Side Breathing for Freestyle
- Exploring Deep Water

PASS; Students swim Freestyle with Side Breathing for 25 yards (the entire length of the pool) and demonstrate the basics for Breaststroke.

Level 4 (Intermediate Plus)

This level introduces the final style of swimming, Butterfly while practicing past skills at a more challenging pace. Diving is also introduced at this time. The goal of this level is to help improve skills with conditioning before the final level.

Skills Learned

- Butterfly Kick & Rhythm
- Kneeling Dive
- Practice skills for Freestyle, Backstroke and Breaststroke

PASS; Student swims 50 yards (1 lap of the pool) in Freestyle with Side Breathing. Backstroke and Breaststroke is also tested at this time. Student also demonstrates basics for Butterfly.

Level 5 (Advanced)

The final level is treated as a Pre Swim Team and is recommended for students who wish to try out for Swim Team. The goal of Level 5 is training & conditioning for all styles of swimming, learn Advanced Diving, Treading Water, and Flip Turns

Skills Learned

- Butterfly stroke
- Treading Water
- Advanced Diving
- Flip Turns

PASS; Students must be able to demonstrate proficiency in all skills and swim at least 100 yards within an allotted time period.