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)