


ARROWHEAD'S world famous “Learn to Swim” campaign is now in high gear. All of our campers have been tested and placed in the appropriate swim “school.” Listed below are the skill levels pertaining to our 10 Fish Schools. We will all be working hard throughout the summer to pass as many schools as possible & always remember **SAFETY FIRST!!!!**

10 “SCHOOLS”	SKILLS	TESTS
POLLIWOG SKILLS: (PINK bracelet)	<ol style="list-style-type: none"> Physical & mental orientation to water Breath holding & submerging entire body Floating, front glide and recovery 	BEGINNER'S TEST
GUPPY SKILLS: (RED bracelet)	<ol style="list-style-type: none"> Front glide, 10 ft. Front glide with flutter kick, 10 ft. Back float 	GOLDFISH TEST: Camper jumps or dives into deep water, levels off, swims beginner or front crawl stroke down the lane, changes direction, turns over onto back and floats for ½ minute, then turns back over and swims the front crawl stroke back to the starting point. Awareness and understanding of basic safety skills and attitudes.
MINNOW SKILLS: (ORANGE bracelet)	<ol style="list-style-type: none"> Back glide, 6ft. Back glide with flutter kick and skulling, 20 ft. Front crawl stroke, 20 ft. (beginners) 	ADVANCED BEGINNER'S TEST
GOLDFISH SKILLS: (YELLOW bracelet)	<ol style="list-style-type: none"> Front crawl stroke, 20 yds. Beginning back crawl stroke, 10 yds. Changing direction Turning over Leveling off Jump- chest deep water Jump- deep water Front dive- (beginners) 	CATFISH TEST:
BARRACUDA SKILLS: (GREEN bracelet)	<ol style="list-style-type: none"> Rhythmic breathing Front crawl stroke, 20 yds. with good rhythmic breathing Beginning back crawl stroke, 20 yds. Survival float, 1 minute Treading water, 30 seconds Diving underwater, swimming 30 ft. 	Part 1- Camper dives into the water, swims under water approx. ½ lane, surfaces, treads deep water for 1 minute, swims front crawl stroke remainder of lane, changes direction and swims front crawl back down lane. Part 2- Camper jumps into deep water, swims ½ lane under water, surfaces and performs survival float for 2 minutes, swims elementary backstroke remainder of the lane, changes direction, swims back down the lane doing elementary backstroke.
CATFISH SKILLS: (ROYAL bracelet)	<ol style="list-style-type: none"> Elementary back stroke 25 yds. Front crawl stroke, 25 yds. Review/improve Back crawl stroke, 25 yds. Review/improve Treading water, 1 min. Survival float, 1 min. Bobbing 	
DOLPHIN SKILLS: (NAVY bracelet)	<ol style="list-style-type: none"> Front crawl stroke, 20 yds. Review/improve Sidestroke (arms), 20 yds. Scissors kick, 20 yds. Sidestroke, 20 yds. Treading water, 1 min. Survival float, 2 min. 	

10 "SCHOOLS"	SKILLS	TESTS
<p>PORPOISE SKILLS: (PURPLE bracelet)</p> <p>SHARK SKILLS: (GREY bracelet)</p> <p>WHALE SKILLS: (WHITE bracelet)</p>	<ol style="list-style-type: none"> 1. Breaststroke (arms), 20 yds. 2. Breaststroke (kick), 20 yds. 3. Breaststroke, 20 yds. 4. Sculling, 10 yds. 5. Survival floating, 5 min. <ol style="list-style-type: none"> 1. Sidestroke, review/improve 2. Back crawl stroke, review/improve 3. Crawlstroke, review/improve 4. Breaststroke, review/improve 5. Surface dives- pike, tuck, and feet first 6. Long shallow dive 7. Stride jump 8. Inverted scissors kick 9. Sculling 10. Open turns, front, side, back 11. Survival stroke/float 12. Underwater swim, 20 ft. 13. Basic rescues 14. Artificial respiration <ol style="list-style-type: none"> 1. Elementary back stroke, review/improve 2. Back crawl stroke, review/improve 3. Breaststroke, review/improve 4. Sidestroke, scissors and inverted scissors kick 5. Front crawl stroke, review/improve 6. Overarm sidestroke 7. Inverted breaststroke 8. Trudgen stroke 9. Open turns, review/improve 10. Surface dives, review/improve 11. Survival float/stroke clothed 12. Standing dives, review/improve 13. Rescues 	<p>INTERMEDIATE TEST</p> <p>PORPOISE TEST:</p> <ol style="list-style-type: none"> 1. Camper swims 50 yds. Doing the elementary backstroke 2. Camper dives into deep water and swims 50 yds. Doing the crawl stroke 3. Camper swims 50 yds. doing the sidestroke. 4. Student jumps into deep water, swims underwater 3 body lengths, surfaces, treads water for 1 minute using arms and legs, then swims survival stroke 15 yds. 5. Camper swims nonstop for 5 minutes using any combination of strokes. <p>SWIMMER'S TEST</p> <p>SHARK TEST:</p> <ol style="list-style-type: none"> 1. Camper swims breaststroke 50 yds. 2. Camper swims backcrawl stroke 50 yds. 3. Camper swims crawl stroke 100 yds. 4. Camper swims sidestroke 100 yds. 5. Camper surface dives (pike or tuck) to 8 ft., swims 20 ft. underwater, surfaces and survival floats 5 min. 6. Nonstop 10 minute swim <p>ADVANCED SWIMMER'S TEST</p> <p>WHALE TEST:</p> <ol style="list-style-type: none"> 1. Camper swims continuously using sidestroke 50 yds, followed by the overarm sidestroke 50 yds (each stroke performed on both sides, with scissor kick 25 yds.) 2. Camper swims crawl stroke 100 yds. 3. Camper swims backcrawl stroke 100 yds. 4. Camper swims breaststroke 100 yds. 5. Camper swims inverted breaststroke 50 yds. followed by the elementary backstroke for 50 yds. 6. Camper swims trudgen stroke 50 yds. 7. Camper performs survival stroke 5 min. fully clothed 8. Camper swims continuously for 30 min.