

## Bronze Skills Checklist

*These are the skills your child will learn in our Bronze level and need to achieve to move up to Silver!*

### KICKING

#### 50m Flutter Kick w/Board

- No stopping for 50m
- Toes pointed, kick is near surface
- Arms straight on board, eyes looking forward

#### 25m Flutter Kick on Back

- No stopping for 25m
- No pulling with arms or touching rope
- Body is on surface of water, toes pointed

#### 25m Dolphin Kick On Back (w/Arms at Sides)

- Back and forth motion of kick - starts from chest
- Legs straight - slight knee bend on down kick
- Big toes touching, toes pointed

### SCULLING

#### Tornado Scull / Standing

#### Whirlpools

- Wrists straight
- Hands 12 inches deep
- Sweep up and out, sweep in and down

#### Standing Sweep In/Out

- Both arms extended & rotate at elbow
- Fingers are together - cup like shape
- Sweep out - wider than shoulder width

### BODY POSITION/BUOYANCY

#### Cannonball Float - 3 Sec Hold

- Chin tucked in
- Back on surface - legs tucked in underneath
- Stay in ball - minimum 3 seconds

#### Streamline Push-Off on Front

- hands stacked, thumb wrapped, head squeezed

- body horizontal - on surface of water
- legs start bent on wall, finish with toes pointed

#### Streamline Push-Off on Back

- hands stacked, thumb wrapped, head squeezed
- body horizontal - on surface of water
- legs start bent on wall, finish with toes pointed

#### Over/Under Breathing (BOBS)

- entire face is under water - breathing out
- face comes above surface - breathing in
- slow and relaxed breathing

### TURNS / ENTRIES

#### Streamline Push-Off Into Flip

- hands stacked, thumb wrapped, head squeezed
- chin tucked to chest on flip
- legs together on flipturn

#### 2-Hand Touch & 2-Foot Push-Off

- both hands touch at same time, at same height on wall
- both feet push off at same time at correct placement
- pushoff in streamline position

#### Modified Backstroke Start

- feet shoulder width apart, two hands holding wall
- head moves towards wall - as arms bend
- Head goes back & arms out to the side, then streamline

### Kneeling Dive

- arms in streamline, chin tucked
- body enters in one hole - feet last
- legs start bent, and end straight - toes pointed

### Checkmark Pushoff

- Pushoff is on surface of water
- 4 points on surface: hands, shoulders, hips, heels
- toes stay pointed after pushoff

### FREESTYLE

#### 50m Free Continuous

- Swimmers must breathe to the side - ear down
- Toes pointed, kick is near surface
- Big arms over the water

### BACKSTROKE

#### 50m Back Continuous

- Swimmers must stay on back
- Arms are always moving, opposite of each other
- Toes pointed, kick is near surface

### BREASTSTROKE

#### 15m Breaststroke Swim

- Elbows stay in front of body
- Pull is out then in scull motion
- Feet up to bum, toes out, kick around in circle

### BUTTERFLY

#### Butterfly Arms on Deck

- Pull under body in S shape
- Finish the pull past hips
- Straight arm recovery