

## Silver Skills Checklist

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

### KICKING

#### 100m Flutter Kick w/Board

- No stopping for 100m
- Toes pointed, kick is near surface
- Arms straight on board, eyes looking forward

#### 50m Flutter Kick on Back

- No stopping for 50m
- No pulling with arms or touching rope
- Body is on surface of water, toes pointed

#### 25m Dolphin Kick (w/ board)

Hips at surface, hips move up and down

- arms straight on board, eyes looking forward
- Big toes touching, legs together

#### 25m Whip Kick (w/ board)

- hips at surface
- arms straight on board, eyes looking forward
- feet to bum, toes out, kick around (same time)

### SCULLING

#### 5m Front scull

- Arms extended - slight elbow bend when sculling out
- Eyes remain above surface
- Arms move out and in - cup shape with hands

#### Vertical Kick/ Treading Water (30s)

- Cup shape with hands - moves in/out quickly
- Body straight - legs stay together
- Head stays above surface entire time

### BODY POSITION/BUOYANCY

#### Streamline Float on Front(3s)

- Hands stacked, thumb wrapped, and head squeezed by arms

- Toes pointed - hips, belly, legs on surface of the water
- Hold in long, flat body position

#### Streamline Float on Back (3s)

- Hands stacked, wrapped, and head squeezed by arms
- Toes pointed - hips, belly, legs on surface of the water
- Hold in long, flat body position

### TURNS / ENTRIES

#### Free Fliptun (pushoff on back)

- Head down into wall - turn to side if need to breathe
- Legs & chin tucked during flip
- 2 feet pushoff on back - arms in streamline

#### 2-Hand Touch Turn (into pushoff)

- right hand wall, left arm down the pool - drop down
- hands go in streamline
- push off on side, roll onto back

#### Modified Backstroke Start

- Proper set up - Two feet on the wall, hands grab wall or block
- On take your marks, they bend their arms at the elbows to come closer to the wall
- On go, the shoot back into streamline (hold streamline for 2sec)

#### Standing Dive

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

#### Checkmark Pushoff (w/glide)

- right hand wall, left arm down the pool, drop down
- hands go in streamline
- push off on side, roll onto front

#### Checkmark Pushoff (on back)

- right hand wall, left arm down the pool - drop down
- hands go in streamline
- push off on side, roll to back (exhale out nose)

### FREESTYLE

#### 100m Free Continuous

- Swimmers must breathe to the side - ear down
- Toes pointed, kick is near surface
- Big arms, finish past hip

### BACKSTROKE

#### 100m Back Continuous

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

### BREASTSTROKE

#### 25m Breaststroke Swim

- Elbows stay in front of body
- hands go out, head comes up, hands go forward
- Feet up to bum, toes out, kick around in circle

### BUTTERFLY

#### 5 Strokes Butterfly (not failable)

- Pull under body to breathe
- hips up on each stroke
- feet & legs together