

Swim School

Performance criteria for quickly placing students in the correct lesson level

White	Red	Yellow	Blue	Green	Stroke School
<p><i>If the student...</i></p> <p>Cannot completely submerge while relaxed for at least 5 seconds</p>	<p><i>If the student...</i></p> <p>Will submerge while relaxed for at least 5 seconds</p> <p>but cannot...</p> <p>Float relaxed (front and back) on the surface without support</p>	<p><i>If the student...</i></p> <p>Can float relaxed (front and back) on the surface without support</p> <p>but cannot...</p> <p>Tread water for 10 seconds</p>	<p><i>If the student...</i></p> <p>Can tread water for 10 seconds</p> <p>but cannot...</p> <p>Side-roll-side with kick drill 10 M/30 FT</p>	<p><i>If the student...</i></p> <p>Side-roll-side with kick drill 10 M/30 FT</p> <p>but cannot...</p> <p>Relaxed 3 x 3 swim drill</p>	<p><i>If the student...</i></p> <p>Has completed Swim School Green level</p> <p>or...</p> <p>Can tread water 40 seconds</p> <p>and...</p> <p>swim basic freestyle stroke with "swim – roll – swim" or relaxed 3 x 3 drill</p>
PLACE IN WHITE	PLACE IN RED	PLACE IN YELLOW	PLACE IN BLUE	PLACE IN GREEN	PLACE IN STROKE SCHOOL