

Commerce City Swimming Lessons

White	Red	Yellow	Blue	Green	Stroke School 1	Stroke School 2
<p><i>If the student:</i></p> <p>Is afraid of water</p> <p><i>or...</i></p> <p>Can't swim at all</p> <p><i>or...</i></p> <p>Will not get face wet</p>	<p><i>If the student:</i></p> <p>Will submerge for at least 5 seconds</p> <p><i>and...</i></p> <p>Will jump in</p> <p><i>but cannot...</i></p> <p>Float relaxed (front and back) on the surface without support</p>	<p><i>If the student:</i></p> <p>Can jump in and come up on the back and float for at least 5 seconds</p> <p><i>but cannot...</i></p> <p>Move forward through the water 10 ft (3m), change direction, and come back</p>	<p><i>If the student:</i></p> <p>Can move through the water 10 ft (3m), change direction, and come back</p> <p><i>but cannot...</i></p> <p>Tread water for at least 15 seconds</p>	<p><i>If the student:</i></p> <p>Can tread water for at least 15 seconds</p> <p><i>but cannot...</i></p> <p>Swim basic freestyle stroke with "swim – roll – swim" or rotary (side) breathing</p>	<p><i>If the student:</i></p> <p>Has successfully completed Swim School Green</p> <p><i>and...</i></p> <p>Can tread water and survival float at least 30 seconds</p> <p><i>but...</i></p> <p>Needs to learn or refine freestyle and/or backstroke technique</p>	<p><i>If the student:</i></p> <p>Can swim 25 yards freestyle stroke with "rotary (side) breathing"</p> <p><i>and...</i></p> <p>Can swim 25 yards backstroke</p> <p><i>and...</i></p> <p>Needs to learn or refine butterfly and/or breaststroke technique</p>
Place in White	Place in Red	Place in Yellow	Place in Blue	Place in Green	Place in Stroke School 1	Place in Stroke School 2

