



2019 VINS Nature Camp

Water, Water Everywhere

Swim Level Form

Please tell us what level best describes your camper's swimming ability. This information will help Storrs Pond staff plan for your camper's group swim lessons. On the first day of camp, Storrs Pond staff will evaluate camper's swimming abilities and assign them into the appropriate swim group.

If you have any questions about swim levels, please contact Lead Nature Camp at 802-359-5000 x245.

Return this form to: VINS Nature Camp, P.O. Box 1281, Quechee, VT 05059

Fax: 802.359.5001

E-mail: camps@vinsweb.org

Storrs Pond Learn to Swim Program

Level 1: Introduction to Water Skills

Level 1 covers water awareness and basic swimming skills: floating and swimming on front and back with or without support, breath control, fully submerge face, entering/exiting water with and without support, and swimmer safety.

Level 2: Fundamental Aquatic Skills

Must be able to demonstrate all skills from Level 1

The objective of Level 2 is to give students success with fundamental skills. Students learn to float without support and to recover to a vertical position. This level marks the beginning of true locomotive skills.

Level 3 Stroke Development

Must be able to demonstrate all skills from Level 2

The objective of Level 3 is to build on the skills in Level 2 by providing additional guided practice. In this level, students learn to coordinate the front crawl and back crawl. Students are introduced to the elements of swimming on their side, elementary backstroke, scissors kick and the fundamentals of treading water. Students will learn rules for headfirst entries and begin to learn to enter the water headfirst from the side of the pool. Additional safety skills will be presented.

Level 4: Stroke Improvement

Must be able to demonstrate all skills from Level 3

The objective of Level 4 is to develop confidence in the strokes learned thus far and to improve other aquatic skills. Students increase their endurance by swimming familiar strokes (front and back crawl) for greater distances. Students continue to build on the elementary backstroke and the butterfly, breaststroke and more elements of the sidestroke are introduced. Basics of turning at a wall are also introduced.

Level 5: Stroke Refinement

Must be able to demonstrate all skills from Level 4

The objective of Level 5 is coordination and refinement of strokes. Participants refine their performance of all the strokes (front and back crawl, butterfly, breaststroke, elementary backstroke and sidestroke) and increase their distances. Flip turns on the front and back are also introduced.