

## Quick Assessment Criteria

Please note: These are the skills a student needs to have **BEFORE** enrolling in the specific class

**Starfish**      *Ages 9 months-3 years with parent or guardian*

- ❖ No skills required

**Sea Otter 1**      *Ages 3-5 years*

- ❖ No skills required

**Sea Otter 2**      *Ages 3-5 years*

- ❖ Comfortable in shallow water
- ❖ Blow bubbles on request
- ❖ Willing to submerge on request
- ❖ Relaxed front and back float with very little assistance and on the verge of performing unassisted
- ❖ Jump into shallow water unassisted

**Sea Otter 3**      *Ages 3-5 years*

- ❖ Unassisted front and back float 6 seconds each
- ❖ Kicking unassisted 5 yards each on front and back
- ❖ Unassisted crawlstroke arms or reach and pull with kick 2 yards
- ❖ Unassisted front and back glide
- ❖ Jump in deep water and return to wall unassisted

### **ORCA LEVELS**

**Orca Prep**      *Ages 6-12 years*

- ❖ No skills required. Class is structured for reluctant students.

**Orca 1**      *Ages 6-12 years*

- ❖ No skills required. Students should be comfortable putting their face and ears in the water and submerging upon request. Students are introduced to basic swim skills.

**Orca 2**      *Ages 6-12 years*

- ❖ Unassisted front and back float 10 seconds each
- ❖ Jump in shallow water and kick and fin 15 yards
- ❖ Demonstrate side breathing (while standing on the bottom)
- ❖ Unassisted crawlstroke with kick (no breathing) 5 yards

**Orca 3**      *Ages 6-12 years*

- ❖ Rolling over from front to back and back to front
- ❖ Crawlstroke with breathing 10 yards
- ❖ Backstroke 10 yards
- ❖ Elements of elementary backstroke kick and arms (not necessarily coordinated)
- ❖ Jump in deep water, kick and fin 15 yards

**Orca 4**      *Ages 6-12 years*

- ❖ Crawlstroke 15 yards
- ❖ Backstroke 15 yards
- ❖ Elementary backstroke 15 yards
- ❖ Kneeling dive from deck
- ❖ Treading water
- ❖ Dolphin kick

**Orca 5**      *Ages 6-12 years*

- ❖ Crawlstroke 25 yards
- ❖ Backstroke 25 yards
- ❖ Elementary backstroke 25 yards
- ❖ Dolphin kick 25 yards
- ❖ Breaststroke experience
- ❖ Standing dive from deck
- ❖ Tread water 30 seconds

**Orca 6**      *Ages 6-12 years*

- ❖ Crawlstroke 50 yards
- ❖ Backstroke 50 yards
- ❖ Elementary backstroke 50 yards
- ❖ Butterfly 15 yards
- ❖ Breaststroke 5 yards
- ❖ Surface dives
- ❖ Tread water for 1 minute