

# DAC SWIM SCHOOL

## Level Advancement Skills

- WHITE RIBBON:**
- ✓ Comfortable with face in the water
  - ✓ Kick one length of the fitness pool, assisted
  - ✓ Alternate arm strokes (scooping) with face in -assisted
  - ✓ Safety poster: “Don’t just pack-it, wear your jacket”
  - ✓ Safety skill: introduction to wearing a life jacket
- ORANGE RIBBON:**
- ✓ Submerge 5 seconds holding on to the bar
  - ✓ Swim five feet with face in, arm strokes, and kicking, independently
  - ✓ Back float for 10 seconds -unassisted
  - ✓ Safety poster: “Look before you leap”
  - ✓ Safety skill: Comfortable wearing and swimming in a life jacket
- PURPLE RIBBON:**
- ✓ Swim 10 feet on back unaided
  - ✓ Front crawl, 1-2-3 breath, length of fitness pool, assisted
  - ✓ Combined Skill: Jump in, roll over to back float, swim to side
  - ✓ Safety poster: “Be Cool Follow the Rule”
  - ✓ Safety skill: Jumping into deep water with lifejacket and swimming to the other side of the fitness pool
- BLUE RIBBON:**
- ✓ Front crawl the length of the fitness pool
  - ✓ Elementary backstroke the length of the fitness pool
  - ✓ Backstroke the length of the fitness pool
  - ✓ Safety poster: “Swim with a buddy in a Supervised Area”
  - ✓ Safety sill: Tread water for 30 seconds
- GREEN RIBBON**
- ✓ Freestyle and backstroke length of the lap pool
  - ✓ Dolphin kick length of fitness pool
  - ✓ Breaststroke length of fitness pool
  - ✓ Safety poster: “Learn about boating, before you go floating”
  - ✓ Safety skill: Survival float 1 minute
- SILVER RIBBON**
- ✓ Freestyle fifty yards
  - ✓ Breaststroke twenty five yards
  - ✓ Backstroke fifty yards backstroke
  - ✓ Legal Butterfly twenty five yards
  - ✓ 200 yard continuous freestyle swim
  - ✓ Safety poster: “Reach or throw, Don’t go”
  - ✓ Safety skill: Reaching assists

