

Blue Water Divers Stroke School Class Levels

Students will advance to the Blue Water Divers Stroke School program when the Green state benchmark has been achieved in the Swim School, regardless of age. Students will be made to be more efficient in the water. Beginners who are performing the strokes at a novice level will work to improve the mechanics to help them build speed and endurance. The Stroke School curriculum will identify lead-up skills within each stroke level that focus on balance and rotation, air exchange, timing, pulling, and kicking. Each stage contains a water skill benchmark that incorporates all proper stroke mechanics and an appropriate level of endurance.

*Any age is appropriate for Stroke School as long as the student meets the skill prerequisite

Core Achievement Skill Stages

Stage 1: White Stage	Focus: Freestyle, introduction to backstroke
Age Groups	All ages
Length of class	30 minutes
Students per class	4
Description	The focus of this stage is freestyle with an introduction to backstroke. This stage integrates the foundation and breathing techniques previously learned in swim school. Stroke school reinforces those habits while developing and critiquing proper stroke mechanics.

Stage 2: Red Stage	Focus: Backstroke
Age Groups	All ages
Length of class	30 minutes
Students per class	4
Description	The focus of this stage is backstroke with an introduction to butterfly. Students will be introduced to the dolphin motion which will allow the students to incorporate the dolphin motion more easily into their breaststroke.

Stage 3: Yellow Stage	Focus: Butterfly
Age Groups	All ages
Length of class	30 minutes
Students per class	4
Description	The focus on this stage is butterfly. A lot of time should be spent on the hip and chest motions of the stroke. The kick and pull of the stroke will not be efficient until students have mastered the pulsing motion of the stroke.

Stage 4: Blue Stage	Focus: Breaststroke
Age Groups	All ages
Length of class	30 minutes
Students per class	4
Description	The focus of this stage is breaststroke. A lot of time will be spent on the timing of the stroke and the coordination of the pull, breath, kick, and glide. The breaststroke is a “whip kick,” with the knees straight out from the hips and the feet rotating out.

Stage 5: Green Stage	Focus: Endurance
Ages	All ages
Length of class	30 minutes
Students per class	4
Description	The focus of this stage is endurance. After the four strokes of competitive swimming have been learned, it is now time to build their endurance in each of the strokes. Students will also be introduced to various training techniques that may be used for a lifetime, whether in competitive swimming or casual exercise.