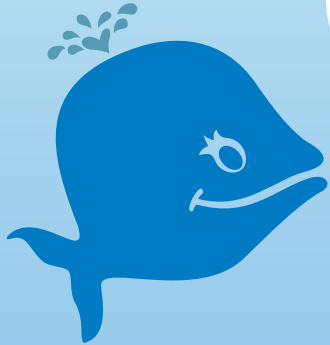


Tips from  
**WAVERLY  
WHALE**



"You're ready to learn the o-fish-al strokes! Your teachers will start with the basics and you'll soon be ready to go for the gold!"

# Stroke Introduction

## LEVEL FOUR




DATE COMPLETED

**La Petite Baleen**



**LEVEL 4**  
Purple Ribbon




**Wiggle-Butts**  
38 ft.



**Whip Kick on Back with kickboard**  
38 ft.



**Streamline Back Kicks**  
38 ft.



**Sculling with flat hands**  
38 ft.



**Big Arms with kickboard**  
38 ft.



**Racing Dive to Glide**



**Backstroke**  
38 ft.



**Catch-up Freestyle**  
38 ft.



**Underwater Swim**  
38 ft.



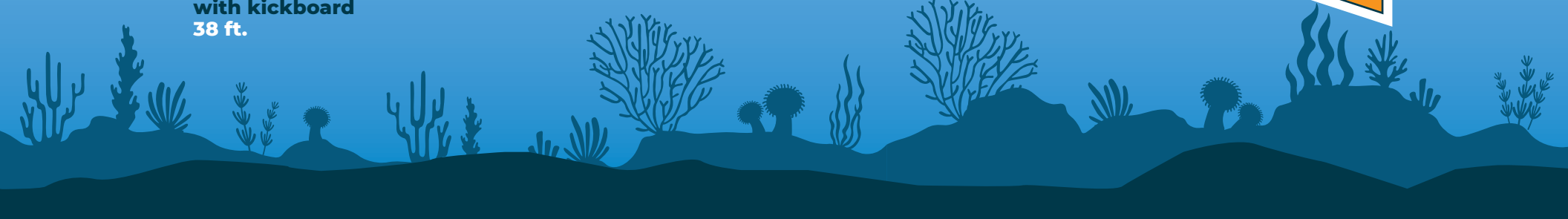
**Elementary Backstroke**  
76 ft.

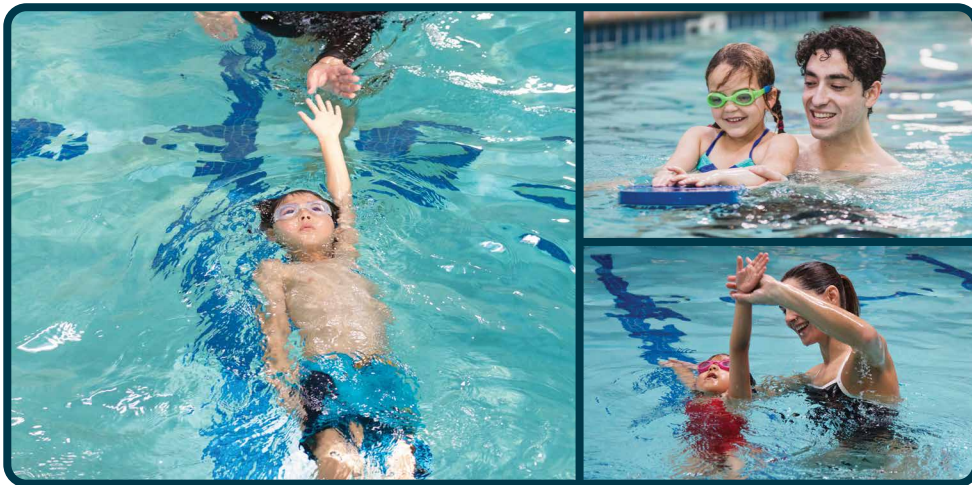
DATE COMPLETED

**La Petite Baleen**



**LEVEL 4**  
Orange Ribbon





# LEVEL FOUR

## INFORMATION FOR PARENTS

### Level Four Goals

In Level Four, students learn the **basics of the four competitive strokes**. Freestyle and Backstroke will come together completely while Breaststroke and Butterfly will be limited to building core strength and the foundational kicks needed to move on to Level Five.

### What This Means for Parents

Level Four students are strong, confident swimmers. They are capable of starting junior swim team programs where only proficiency with Freestyle and/or Backstroke are required. Outside of swim class, you can relax poolside while watching your child have fun in the pool with friends (or join them). No one should ever swim alone and it's always a great idea to designate a non-distracted Water Watcher whenever multiple kids are swimming.

It is not uncommon for some plateauing to happen during Level Four. While teachers focus on our principles of Pace, Pattern, Compassion and Fun, sometimes the process of learning stroke basics doesn't feel fun for kids. The serious work of swimming is just getting started, but teachers will continue to utilize equipment, creative imagery, and games to keep the learning as fun as possible.

Level 4 homework videos



# LEVEL FOUR HOMEWORK

### **BLENDED BREATHING:**

*(Note - this should only be taught to students who are able to comfortably do Up-faces for 38'. It is important that students first have the ability to hold their breath for 5 seconds in the water.)*

Blowing/humming in the shower or tub (breathe in, exhale into the water)

Back float in tub, dribble water on face, blow off (If they get water in their nose during backstroke/racing starts).

At Family Swim, practice "bouncing" up & down (bobbing), or holding the wall and going up & down, the student can blow bubbles by humming—exhaling on the way down and on the way up.

Emphasize the pattern : (one breath in, exhale underwater, repeat)

### **KICKING:**

Lay flat with back on floor, lift legs an inch or two off the ground, and point toes. Do 10 kicks. Rest and repeat. Roll over on tummy, lift legs an inch or two off the floor, and point toes. Do 10 kicks. Rest and repeat. Do 5 sets of each kicking exercise to strengthen back and tummy muscles, and improve kicks.

### **FREESTYLE:**

Look in the mirror while doing basic freestyle (large circle) arms. The arms should rotate in a forward direction one at a time, and the hands should briefly touch above the head in a streamline position.

### **BACKSTROKE:**

Look in the mirror and rotate arms in a backward motion. The arms should be long, straight and always opposite of each other. Palms should be facing out.

BODY POSITION > KICKING > ARMS