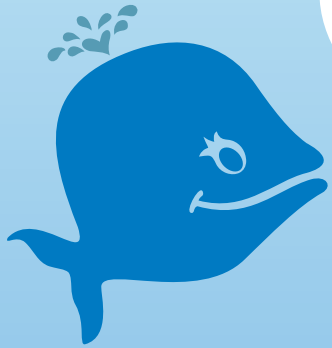
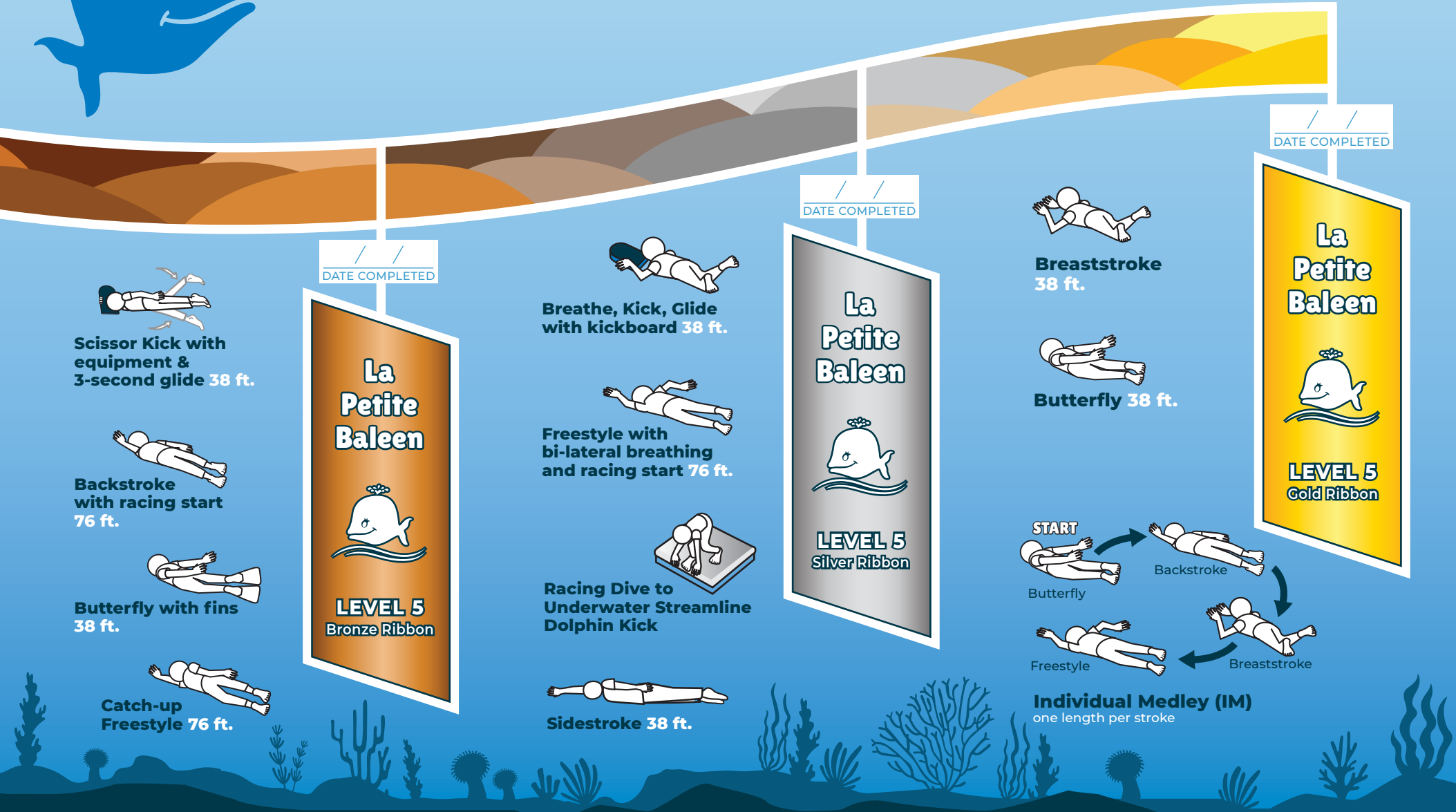


# Tips from WAVERLY WHALE



"You did it! After Level 5 you'll know all the strokes and can join our **Advanced Swim class!**"

# Stroke Development LEVEL FIVE



DATE COMPLETED

**La Petite Baleen**

**LEVEL 5 Gold Ribbon**

DATE COMPLETED

**La Petite Baleen**

**LEVEL 5 Silver Ribbon**

DATE COMPLETED

**La Petite Baleen**

**LEVEL 5 Bronze Ribbon**

**Breaststroke 38 ft.**

**Butterfly 38 ft.**

**START**

Butterfly

Backstroke

Breaststroke

Freestyle

**Individual Medley (IM)**  
one length per stroke



# LEVEL FIVE

## INFORMATION FOR PARENTS

### Level Five Goals

Go for the Gold! In Level Five, swimmers put together the **four competitive strokes** as well as Sidestroke (a safety skill) and a Racing Dive to Underwater Wigglebutts (dolphin kicks). Upon completion of Level Five, students are eligible to sign up for our Advanced Swim class, where they will continue to increase their endurance and learn swim-team concepts like flip turns and relays while also fine-tuning their strokes.

### What This Means for Parents

La Petite Baleen Graduates often go on to join swim teams and splashball programs, while others are more than happy to simply be confident swimmers in any environment. Enjoy watching your child from poolside, but always remind them of the inherent dangers around swimming. Even Olympic gold medalists swim with buddies and adults nearby, and moving or open water (rivers, lakes) and boating still require the use of a personal flotation device for children.

***Thank you for sticking with La Petite Baleen through your child's learn-to-swim journey!***

Level 5 homework videos



# LEVEL FIVE HOMEWORK

### **BREASTSTROKE/ELEMENTARY BACKSTROKE:**

The whip kick on the stomach will help stretch hip extensors and prevent the student from pulling the knees toward the chest. Go slow, making sure toes point out as heels turn in. This creates flexibility in the ankles and knees.

During the kick, the feet are flexed and toes point when the legs are long and straight (in the "glide" position). Check out our homework videos for ways to build the muscle memory required for this sometimes challenging kick.

### **BUTTERFLY/WIGGLEBUTTS:**

To practice getting a "sneaky breath" for Wigglebutts, have students lie on the floor on their tummy with arms at their side. From that position, they can arch their back and slightly lift their chin (eyes look forward, not up to the ceiling). While doing this, the feet/legs should remain "glued" together like a dolphin/mermaid tail.

To practice body movement, have child do "mad cat, fat cat" (or camel/ cow yoga poses). To strengthen shoulders and back, lay down on the tummy and reach arms straight forward with backs of hands touching, thumbs down. Lift arms about 1-2 inches off the ground. While keeping arms straight, move them down toward the hips and back up quickly (palms facing the feet when in the down position) and "silly clapping" when returning to the start position. Do 5-10 times fast. Rest and repeat.

### **SIDESTROKE:**

On the floor, practice the scissor kick. The legs should open and close like scissors. When opening, the bottom leg should go back toward the buttocks and the top leg moves forward. When closing, the legs stop when coming together for a count of three (glide). Repeat after each three-second count.

**YOU DID IT! WHALE DONE!**