

New PCA Swim School Ribbon Level Sheet 2011

Children enroll in the level they are working on.

Level 1: Pink Ribbon

This class is for children who have never had lessons before. They may have a fear of the water or difficulty working with the instructor.

Children will receive their Pink Ribbon when:

The child no longer cries during the lesson.

The child listens to the instructor.

The child will kick his/her feet with assistance

Level 2: Blue Ribbon

This class is for children who have received their Pink ribbon; or can do those skills.

Children receive their Blue Ribbon when:

The child enters the pool without assistance.

The child will put his/her face in the water.

The child will push off the wall with assistance.

The child can climb out of the pool and jump back in to the instructor.

Level 3: Red Ribbon

This class is for children who have received their Blue ribbon, or who can do the Pink and Blue ribbon skills.

Children receive their Red Ribbon when:

The child swims to the instructor using both arms and legs (4-5 feet).

The child can kick a short distance to the wall without assistance.

The child can do Shark float (on belly) unsupported for 5 seconds.

The child can do Turtle float (on back) unsupported for 5 seconds.

The child can kick on their back with assistance.

Level 4: Yellow Ribbon

This class is for swimmers who have received their Red ribbon, or who can do the Pink, Blue, and Red ribbon skills.

A child will receive their Yellow Ribbon when:

The child can swim to the wall without help (about 8 feet).

The child can do a torpedo with straight leg kicks without assistance.

The child can hold their breath under water for 5 seconds.

The child can kick on their back without assistance.

Level 5: Green Ribbon

This class is for swimmers who have received their Yellow ribbon, or who can do all the skills leading up to this level.

A child will receive their Green Ribbon when:

The child can turn from their front to back while kicking (Peanut Butter and Jellies)

The child can swim on their belly doing 10 big arms.

The child can turn onto their back to get a breath while swimming big arms.

The child can jump into deep water.

Level 6: Orange Ribbon

This class is for swimmers who have received their Green ribbon, or who can do all the skills leading up to this level.

A child will receive their Orange Ribbon when:

The child can swim freestyle with side breathing.

The child can tread water for 20 seconds.

The child can do 10 breaststroke kicks while holding onto the wall.

The child can retrieve an object from under water.

The child can do 10 backstroke arms.

The child can do a sitting dive.

Level 7: White Ribbon

This class is for swimmers who have received their Green ribbon, or who have achieved competency in all the previous skills.

A child will receive their White Ribbon when:

The child can do ½ length big arm freestyle with side breathing.

The child can do backstroke ½ length.

The child can do breaststroke kick on their back.

The child can do elementary backstroke.

The child can do a kneeling dive.

Level 8: Purple Ribbon

This class is for swimmers who have received their White ribbon, or have achieved competency in all the previous skills.

A child will receive their Purple Ribbon when:

The child can do a full length of freestyle with side breathing.

The child can do a full length backstroke.

The child can do ½ length breaststroke.

The child can go ½ length inchworm (dolphin kicks).

Level 9: Golden Dolphin

This class is for children who have received their Purple ribbon, or who have achieved competency in all the previous skills.

A child will receive their Golden Dolphin Award when:

The child can do 2 lengths (50 yards/meters) freestyle with side breathing and flip turn.

The child can do 2 lengths (50 yards/meters) backstroke with flip turn.

The child can do 1 length *legal* breaststroke with pull down.

The child can do 1 length *legal* butterfly.

The child can do a standing racing dive.

Once the child has received their Golden Dolphin Award, they are fully prepared to join and compete for the PCA Dolphin swim team!