

# South Bay Aquatic Club Swim Lesson Levels (Colors and Beads)

Beads are achievement awards presented to our students. They signify the successful accomplishment of very specific skills. Beads may be awarded at any time in which the student demonstrates mastery of all skills listed for that level. All skills taught in the specific level are not used for advancement goals.

## **A RAINBOW Bead**

Awarded to swimmers who have completed Level One Skills. They include 10 underwater bobs with correct air exchange, assisted front and back floating, and comfortable in the water.

## **A GREEN Bead**

Awarded when a child is able to float on their front and back for 5 seconds, can move a short distance kicking on their front and back

## **A BLUE Bead**

Awarded to a child who is able to kick 15 feet on their stomach and their backs.

## **A RED Bead**

Awarded to the child that can side kick for 20 feet and do freestyle arm stroke for 20 feet.

## **A Pink Bead**

Awarded to the child that can swim freestyle for 30 feet and do a minimum of 4 breaths.

## **A White Bead**

Awarded to the child that can swim freestyle for 75 feet, Swim backstroke for 30 feet and Tread water for one minute.

## **A Purple Bead**

Awarded to the child that can Swim 50 yards freestyle with side breathing, swim 25 yards backstroke and kick breaststroke for 20 yards.

## **A ORANGE Bead**

Awarded to the child that can swim 100 yards of freestyle using bi-lateral breathing, swim breaststroke for 25 yards, and swim butterfly for 30 feet.

## **A Silver Bead**

Awarded to the child that can swim freestyle for 200 yards using bi-lateral breathing, swim breaststroke for 50 yards, and swim butterfly for 25 yards.

## **A Gold Bead**

Awarded to the child that can swim freestyle for 300 yards, swim backstroke for 100 yards, and swim 100 yards Individual Medley (One lap of each stroke – Fly, Back, Breast, Free)