

# Chippewa Valley School District Aquatics

Community Education: (586) 723-2050  
19120 Cass Ave, Clinton Twp MI 48038

<b>Swimming Level Objectives</b>	
<p style="text-align: center;"><b>Goldfish</b></p> <p>Learn basic swimming skills with the assistance of a backpack with aid of a teacher.</p> <ul style="list-style-type: none"> <li>- Scoopers, Birdie Arms, Back Crawl, Floats, Blowing Bubbles</li> </ul>	<p style="text-align: center;"><b>Starfish</b></p> <p>Learn basic swimming skills without the assistance of a backpack. With the aid of a teacher.</p> <ul style="list-style-type: none"> <li>- Scoopers, Birdie Arms, Back Crawl, Floats, Blowing Bubbles.</li> </ul>
<p style="text-align: center;"><b>Level 1</b></p> <p>Learn swimming skills with less assistance from the teacher.</p> <ul style="list-style-type: none"> <li>- Scoopers, Birdie Arms, Back Crawl, Floats, Putting face in the water</li> </ul>	<p style="text-align: center;"><b>Level 2</b></p> <p>Work on swimming in deep water. Introduced to dolphin kicking and butterfly.</p> <ul style="list-style-type: none"> <li>- Front crawl, breathing to side, back crawl, dolphin kick, butterfly, floats.</li> </ul>
<p style="text-align: center;"><b>Level 3</b></p> <p>Work on swimming in deep water. Work on breathing. Introduce kicks for different strokes.</p> <ul style="list-style-type: none"> <li>- Front crawl, must breathe to side, back crawl, dolphin kick, breaststroke kick.</li> </ul>	<p style="text-align: center;"><b>Level 4</b></p> <p>Work on swimming in lane lines. Working on swimming laps and learning complete strokes.</p> <ul style="list-style-type: none"> <li>- Front crawl, back crawl, butterfly, breaststroke, sidestroke, elementary backstroke.</li> </ul>
<p style="text-align: center;"><b>Level 5</b></p> <p>Work on swimming in lane lines. Working on swimming laps, building endurance, flip turns.</p> <ul style="list-style-type: none"> <li>- Front crawl, back crawl, butterfly, breaststroke, sidestroke, elementary backstroke, flip turns, increase distance.</li> </ul>	<p style="text-align: center;"><b>Level 6</b></p> <p>Work on swimming in lane lines. Working on swimming laps, building endurance.</p> <ul style="list-style-type: none"> <li>- Front crawl, back crawl, butterfly, breaststroke, sidestroke, elementary backstroke, flip turns.</li> <li>- Needs to complete a 500-yard swim.</li> </ul>

## Locations:

**CHIPPEWA VALLEY HIGH SCHOOL POOL  
18300 NINETEEN MILE ROAD, CLINTON TOWNSHIP, MI 48038**

**DAKOTA HIGH SCHOOL POOL  
21055 21 MILE ROAD, MACOMB, MI 48044**

