



STRONG SWIMMERS EQUAL CONFIDENT CAMPERS

Here's how SCC's Instructional Swim Program works:

Each camper is placed into a swim group based on his/her performance during our individual swim evaluations conducted on the first two days your child attends camp. All campers are assessed by our certified American Red Cross Water Safety Instructors, so that every camper is appropriately placed in a swim group consistent with their swimming ability. Once in a group, all campers receive swim instruction every day, providing the optimal environment to progress at their own pace.

Our swim instructors will send home individual Progress Reports throughout the summer to keep you updated on your child's swim progress & accomplishments.

FOR MORE INFORMATION: 631-488-4700 ext. 1



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Southampton CAMP & CLUB

SCC SWIM LEVELS

ARC-3-LEVELS

1	GOLDFISH	MINNOW	GUPPY	
	1. Water Exploration 2. Enter water safely 3. Enter & Exit the water independently	1. Blowing bubbles 2. Putting face underwater 3. Hold breath for 5 seconds 4. Bobbing for toys	1. Opening eyes under water 2. Swimming under water 3. Hold breath for 10 seconds 4. Prone float	
	2	FROG	TOAD	BULLFROG
		1. Begin Breathing techniques 2. Assisted back stroke 3. Flutter kick 4. Streamline technique	1. Prone float with flutter kick 2. Back float 3. Rhythmic breathing 4. Crawl arm stroke 5. Assisted roll over	1. Back float with flutter kick 2. Coordinate kick & stroke with breathing 3. Finning on back 4. Begin to tread water
	3	PERCH	TROUT	BASS
		1. Jump into deep water 2. Tread for 15 seconds 3. Front crawl with breathing 4. Begin back crawl technique	1. Coordinated back crawl 2. Front crawl with breath 3. Retrieve objects, eyes open 4. Begin survival stroke	1. Survival stroke 15 yards 2. Begin elementary backstroke 3. Tread water for 30 seconds 4. Front crawl with breath 15 yards
4	WAHOO		BARRACUDA	
	1. Front & back crawl, 25 yards 2. Elementary backstroke 3. Breaststroke kick 4. Sidestroke kick 5. Open turns		1. Deep water bobbing 2. Advanced tread water, 1 minute 3. Back float deep water 4. Underwater swim 5. Feet first surface dives	
5	MARLIN	WORDFISH		
	1. Sidestroke & Breaststroke arms 2. Front & back crawl 3. Backstroke 4. Elementary butterfly 5. Underwater swim	1. Tread water, >2 mins 2. Survival swimming 3. Rescue breathing 4. Begin flip turn techniques 5. Sidestroke with kicks		
6	HAMMERHEAD SHARK		GREAT WHITE SHARK	
	1. Breaststroke, 50 yards 2. Front Crawl, 50 yards 3. Back crawl, 50 yards 4. Butterfly, 20 yards 5. Sidestroke with inverted kick		1. Tread water 5 minutes 2. Retrieve diving brick, 5 feet 3. Distance swimming 4. Accomplished flip turn & underwater swim 5. Accomplished stroke technique	