

## Triton: Ages Eight to Ten Years, 45-Minute Classes

### Triton Level 1

- Bobs - fully submerged
- Front Float - unassisted and recover
- Front Glide - unassisted with/without kick
- Freestyle - face in, unassisted, some sort of breathing, 15 yards
- Knowledge of Rotary Breathing
- Back Float - unassisted, and recover
- Back Glide - unassisted, with/without kick
- Backstroke - unassisted, 15 yards
- Breaststroke Kick - basic knowledge
- Breaststroke Arms - basic knowledge
- Butterfly Kick - basic knowledge
- Butterfly Arms - basic knowledge
- Treading Water - vertical body position, head above water

*To progress to Triton Level 2, in addition to proficiency in the listed skills, the swimmer is comfortable swimming 15 yards without stopping.*

### Triton Level 2

- Front Glide - streamline position, no kick
- Front Streamline - with kick, 15 yards
- Freestyle with Rotary Breathing - 25 yards, proficient
- Back Glide - streamline position, no kick
- Back Streamline - with kick, 15 yards
- Backstroke - hips up, straight arms, 25 yards, proficient
- Breaststroke - symmetrical arms and legs, basic knowledge of rhythm, 15 yards
- Butterfly - legs stay together with the kick and arms get out of the water, 15 yards
- Treading Water - vertical body position, head above water

*To progress to Triton Level 3, in addition to proficiency in the listed skills, the swimmer is comfortable swimming 25 yards without stopping.*

### Triton Level 3

- Front Streamline - with kick, 25 yards
- 25 Yards Freestyle - non-stop with rotary breathing, mastered
- Back Streamline - with kick, 25 yards
- 25 Yards Backstroke - non-stop with hips up, mastered
- 25 Yards Breaststroke - non-stop, proficient (does not have to be fully legal)
- 25 Yards Butterfly - non-stop, proficient (does not have to be fully legal)
- Working Knowledge of Open Turns - all strokes
- Introduced to Flip Turns - freestyle
- Two-Hand Touches - breaststroke and butterfly

- Knowledge of Circle Swimming

After a swimmer is proficient in the skills in this level they can either be:

- Evaluated for the Carmel Swim Club, for swimmers in second grade who are interested in competitive swimming,
- Or, advance to Triton Level 4.

### Triton Level 4

- 50 Yards Freestyle - non-stop with rotary breathing and streamline off the walls, mastered
- 50 Yards Backstroke - non-stop with hips up and streamline off the walls, mastered
- 25 Yards Breaststroke - non-stop, proficient (USA Swimming Legal)
- 25 Yards Butterfly - non-stop, proficient (USA Swimming Legal)
- Proficient knowledge of open turns (all strokes)
- Freestyle Flip Turns
- Introduced to Backstroke Flip Turns
- Two-Hand Touches - breaststroke and butterfly
- Knowledge of Circle Swimming

After a swimmer is proficient in the skills in this level they can either be:

- Evaluated for the Carmel Swim Club, for swimmers in kindergarten through fourth grades who are interested in competitive swimming,
- Or, with a director's approval, they may move to Poseidon Level 4.

