










Camp Grossman Swim Levels 2023

 Dagim Beginner Level  	Tsephardea Intermediate Level	Dolfen Advanced Level
Water Comfort & Safety	Stroke Instruction	Stroke Development & Endurance
<p>Walks comfortably in water-to waist, lies in shallow water-submerged except for head, puts ears in water, fully submerges head, exhales underwater, opens eyes underwater.</p>	 <ul style="list-style-type: none"> • Front Crawl • Breaststroke • Back Crawl • Sidestroke • Tread water • Feet first surface dive • Head first surface dive • Survival float 	  <ul style="list-style-type: none"> • 10-minute continuous swim • Breaststroke • Front Crawl • Back Crawl • Butterfly  
Floats & Streamlines		
<p>Front float, front glide, flutter kick, back float, back glide, flutter kick, finning, sculling, roll, jellyfish float.</p>		
Beginner Strokes & Deep Water Skills		
<p>Rhythmic breathing-shallow water, bob in deep water, back float in deep water, tread water, elementary backstroke, front crawl with rotary breathing.</p>		
Introduction to Water Safety Skills	Introduction to Water Safety Skills	Introduction to Lifesaving Skills