**Calphin Class & Swim Levels**

Calphin_Level     **Elite Club (or Graduate Stroke Clinic):   Max Ratio = 1:14     Class Time: 1 hr.**The prerequisite is the Calphin graduation criteria or better. The goal is for Calphin graduates or team swimmers to perfect their competitive swimming skills on start, turns, finish, kicks and strokes**. The class will help swimmer improve their swimming techniques and speed**.  Entry criteria:

ELT III: (50yd)       FR < 30s;         BK < 35s;       BR < 42s;       Fly < 40s      (9+yo with A+ time)   
ELT II:  (50yd)       FR < 35s;         BK < 40s;       BR < 44s;       Fly < 42s        (or with B+ time)   
ELT I:   (50yd)       FR < 40s;         BK < 42s;       BR < 46s;       Fly < 43s        **400IM < 8:00**

Calphin_Level     **Master Level:      (new level)        Max Ratio = 1:14                Class Time: 1 hr.**The prerequisite is capability to swim 4 strokes with decent techniques. The goal is to be able to swim **1700+** yds sets within 1-hr training, to learn basic racing tactics, to improve swimming speed with more advanced swimming skill on start, turns, finish and races, and to reach B+ times.  **The graduate shall be able to swim in any local swim competition**. Entry criteria:

MST III: (50yd)       FR < 42s;        BK < 44s;       BR < 49s;       Fly < 46s     
MST II:  (50yd)       FR < 44s;        BK < 46s;       BR < 52s;       Fly < 49s     
MST I:   (50yd)       FR < 46s;        BK < 49s;       BR < 55s;       Fly < 52s         **400 IM < 9:00**

**Calphin_Level      Challenger Level:      (was Racer)           Max Ratio = 1:14    Class Time: 1 hr.**The prerequisite is capability to swim 4 strokes with decent techniques. The goal is to be able to swim 1500+ yds sets within 1-hr training, to learn basic racing tactics, to improve swimming speed with more advanced swimming skill on start, turns, finish and races, and to reach B+ times (Pacific swimming Age Group Time Standard).  Entry criteria:

CHL III:  (50yd)      FR < 49s;        BK < 52s;       BR < 1:00;      Fly < 55s  
CHL II:  (50yd)       FR < 52s;        BK < 55s;       BR < 1:05;      Fly < 1:00   
CHL I:   (50yd)       FR < 55s;        BK < 1:00;     BR < 1:10;       Fly < 1:05        **400 FR < 9:00**

**Calphin_Level     Racer Level:      (was Competitive)          Max Ratio = 1:12     Class Time: 1 hr.**   
The prerequisite is capability to swim 200 yd sets respectively with three strokes with decent butterfly. We enhance all four strokes plus basic competitive skills and strength. The graduate shall be able to swim over 400 yards with decent freestyle and swim 50yd **in decent time/speed for all four strokes.** Entry criteria:

RCR III: (50yd)       FR < 1:00;      BK < 1:05;       BR < 1:15;      Fly < 1:15  Decent 4 strokes   
RCR II:  (50yd)       FR < 1:05;      BK < 1:10;       BR < 1:20;      Fly < 1:30   
RCR I:   (50yd)       FR < 1:10;      BK < 1:20;       BR < 1:30;      Fly < 1:40        **300 FR < 9:00**

Calphin_Level     **Sprinter Level:      (was Advanced)       Max Ratio = 1:10       Class Time: 1 hr.**   
The prerequisite is capability to swim 100 yds with two strokes plus good breaststroke. We will introduce swim time and swim speed while improving swimmers’ three strokes and plus basic **butterfly** skills. Graduates shall be able to swim over 300+ yards in freestyle non-stop with decent side breathing.  Entry criteria:

SPR III: (50yd)       FR < 1:20;       BK < 1:30;      BR < 1:40;      > 50yd      Fair Fly   
SPR II:  (50yd)       FR < 1:30;       BK < 1:40;      BR < 1:50;      > 25yd      Decent dolphin Kicks   
SPR I:   (50yd)       FR < 1:40;       BK < 1:50;      BR = 50yd;   Great BR kicks, **100 FR <4:30**

Calphin_Level  **Glider Level:      (was Intermediate)        Max Ratio = 1:8        Class Time: 45min**  
The prerequisite is capable of swimming 20 yards in freestyle nonstop. This class will improve the swimmers’ breath control, freestyle, backstroke, and **breaststroke**.  Graduates shall be able to swim over 150+ yd in freestyle non-stop. Swimmers will be able to swim and learn basic survival skills in a deep competitive training pool with a normal lane length of 25yd and around 80F. Instructor will teach in water to improve their strokes and kicks. Entry criteria:

GLD III:                 FR > 50yd,          BK > 50yd,    BR > 25yd with decent BR kicks & BK finish.  
GLD II:                  FR > 25yd,          BK > 25yd,      with decent freestyle catch-up & backstroke.  
GLD I:                   FR > 20yd,          BK > 20yd,      with decent freestyle catch-up & side breath.

**Calphin_Level   Crawler Level:       (was Beginner)      Max Ratio = 1:6          Class Time: 45min**  
The prerequisite is capable of swimming five yards or more. The main goal is to teach them to swim **basic freestyle** over 20 yards, perform decent backstroke kicks and gain more confidence in water. Swimmers will learn pushing off **on front and back**, gliding with streamline, freestyle with decent side breathing and basic backstroke swim. Instructor will teach in water. Entry criteria:

CRL III:                Be able to swim 15yd in freestyle, and 15yd in backstroke non-stop.   
CRL II:                 Be able to swim 10yd nonstop in freestyle, 10yd backstroke kick/arms down.  
CRL I:                  Be able to swim/kick/float 5yd without help, 10yd FR kick/w board push off .

Calphin_Level   **Bubbler Level:               Max Ratio = 1:4                              Class Time: 30 min.**  
This level is great for the first time swimmers of 4+ years old who will not cry in water.  Our goal is to help them float, blow bubbles, build up confidence in the water and float and swim up to 5 yards. The swimmers will play in the water while working on fundamental skills like bubbling in water, floating on front and **back**, kick with kickboard and push-off the wall on their own. Instructor will teach in water. Entry criteria:

BUB III:                Dare to push off and swim out 3- 4 yards without help.  
BUB II:                 Dare to push off the wall, and swim/float/kick two yards without help.   
BUB I:                  4+yrs and will not cry stepping into water.