




Stages of Learning

 Infant & Toddler
6 mos.-3 yrs.
Stages A-B

 Preschool
3-5 yrs.
Stages 1-4

 School Age
5-12 yrs.
Stages 1-6

 Teen & Adult
12+ yrs.
Stages 1-6

SWIM STARTERS

Parent & child lessons

SWIM BASICS




Recommended skills for all to have around water

SWIM STROKES

Skills to support a healthy lifestyle

PATHWAYS

Specialized tracks

A Water Discovery	B Water Exploration	1 Water Acclimation	2 Water Movement	3 Water Stamina	4 Stroke Introduction	5 Stroke Development	6 Stroke Mechanics	 Competition
Blow bubbles on surface, assisted	Blow bubbles mouth & nose submerged, assisted	Submerge bob independently	Submerge look at object on bottom	Submerge retrieve object in chest-deep water	Endurance any stroke or combination of strokes, 25 yd.	Endurance any stroke or combination of strokes, 50 yd.	Endurance any stroke or combination of strokes, 150 yd.	 Leadership
Front tow chin in water, assisted	Front tow blow bubbles, assisted	Front glide assisted, to wall, 5 ft.	Front glide 10 ft. (5 ft. preschool)	Swim on front 15 yd. (10 yd. preschool)	Front crawl rotary breathing, 15 yd.	Front crawl bent-arm recovery, 25 yd.	Front crawl flip turn, 50 yd.	 Recreation
Water exit parent & child together	Water exit assisted	Water exit independently	Water exit independently	Water exit independently	Back crawl 15 yd.	Back crawl pull, 25 yd.	Back crawl pull & flip turn, 50 yd.	
Water entry parent & child together	Water entry assisted	Jump, push, turn, grab assisted	Jump, push, turn, grab assisted	Jump, swim, turn, swim, grab 10 yd.	Dive sitting	Dive kneeling	Dive standing	
Back float assisted, head on shoulder	Back float assisted, head on chest	Back float assisted, 10 secs., recover independently	Back float 20 secs. (10 secs. preschool)	Swim on back 15 yd. (10 yd. preschool)	Resting stroke elementary backstroke, 15 yd.	Resting stroke sidestroke, 25 yd.	Resting stroke elementary backstroke or sidestroke, 50 yd.	
Roll assisted	Roll assisted	Roll assisted	Front float 20 secs. (10 secs. preschool)	Roll	Tread water scissor & whip kick, 1 min.	Tread water scissor & whip kick, 2 mins.	Tread water retrieve object off bottom, tread 1 min.	
Front float chin in water, assisted	Front float blow bubbles, assisted	Front float assisted, 10 secs., recover independently	Back glide 10 ft. (5 ft. preschool)	Tread water 1 min. & exit (30 secs. preschool)	Breaststroke kick, 15 yd.	Breaststroke kick, 15 yd.	Breaststroke retrieve object off bottom, tread 1 min.	
Back tow assisted, head on shoulder	Back tow assisted, head on chest	Back glide assisted, at wall, 5 ft.	Tread water 10 secs., near wall, & exit	Swim, float, swim 25 yd. (15 yd. preschool)	Butterfly kick, 15 yd.	Butterfly simultaneous arm action & kick, 15 yd.	Breaststroke open turn, 50 yd.	
Wall grab assisted	Monkey crawl assisted, on edge, 5 ft.	Swim, float, swim assisted, 10 ft.	Swim, float, swim 5 yd.	Butterfly 25 yd.				