



Program Overview

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

A Water Discovery



B Water Exploration



Introduces infants and toddlers to the aquatic environment

Focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatic skills

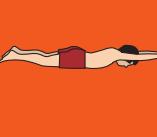
SWIM BASICS (Safety Around Water)

Recommended skills for all to have around water

1 Water Acclimation



2 Water Movement



3 Water Stamina



Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance

Encourages forward movement in water and basic self-rescue skills performed independently

Develops intermediate self-rescue skills performed at longer distances than in previous stages

SWIM STROKES

Skills to support a healthy lifestyle

4 Stroke Introduction



5 Stroke Development



6 Stroke Mechanics



Outcomes

Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.

Outcomes

Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

- Swim, float, swim—sequencing front glide, roll, back float, roll, front glide, and exit
- Jump, push, turn, grab

Outcomes

Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.

PATHWAYS

Specialized tracks

Competition



Leadership



Recreation



Outcomes

Students build confidence, cultivate their passion, and stay active through specialized tracks.

*We define parent broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, guardians, stepparents, grandparents, or any other type of parenting relationship.

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		SWIM BASICS			SWIM STROKES			PATHWAYS
Parent & child lessons		Recommended skills for all to have around water			Skills to support a healthy lifestyle			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.	
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.	
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	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)	Back glide 10 ft. (5 ft. preschool)	Breaststroke kick, 15 yd.	Breaststroke 25 yd.	Breaststroke open turn, 50 yd.	
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.	Butterfly 25 yd.	
Wall grab assisted	Monkey crawl assisted, on edge, 5 ft.	Swim, float, swim assisted, 10 ft.	Swim, float, swim 5 yd.					