Program Overview

SWIM STARTERS

Parent* & child lessons

A Water Discovery

Introduces infants and toddlers to the aquatic environment

B Water Exploration

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

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

2 Water Movement

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

3 Water Stamina

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

SWIM STROKES

Skills to support a healthy lifestyle

4 Stroke Introduction

Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke

5 Stroke Development

Introduces breaststroke and butterfly and reinforces water safety through treading water and sidestroke

6 Stroke Mechanics

Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle

PATHWAYS

Specialized tracks

- Competition
- Leadership
- Recreation

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.

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
Parent & child lessons

A Water Discovery

Blow bubbles
on surface, assisted

Front tow
chin in water, assisted

Water exit
parent & child together

Water entry
parent & child together

Back float
assisted, head on shoulder

Roll
assisted

Front float
chin in water, assisted

Back tow
assisted, head on shoulder

Wall grab
assisted

B Water Exploration

Blow bubbles
mouth & nose submerged, assisted

Front tow
blow bubbles, assisted

Water exit
assisted

Water entry
assisted

Back float
assisted, head on chest

Roll
assisted

Front float
blow bubbles, assisted

Back tow
assisted, head on chest

Monkey crawl
assisted, on edge, 5 ft.

SWIM BASICS
Recommended skills for all to have around water

1 Water Acclimation

Submerge
bob independently

Front glide
assisted, to wall, 5 ft.

Water exit
independently

Jump, push, turn, grab
assisted

Back float
assisted, 10 secs., recover independently

Roll
assisted

Front float
assisted, 10 secs., recover independently

Back glide
assisted, at wall, 5 ft.

Swim, float, swim
assisted, 10 ft.

2 Water Movement

Submerge
look at object on bottom

Front glide
10 ft. (5 ft. preschool)

Water exit
independently

Jump, push, turn, grab

Back float
20 secs. (10 secs. preschool)

Roll

Front float
20 secs. (10 secs. preschool)

Back glide
10 ft. (5 ft. preschool)

Tread water
10 secs., near wall, & exit

Swim, float, swim
5 yd.

3 Water Stamina

Submerge
retrieve object in chest-deep water

Swim on front
15 yd. (10 yd. preschool)

Water exit
independently

Jump, swim, turn, swim, grab
10 yd.

Swim on back
15 yd. (10 yd. preschool)

Roll

Tread water
1 min. & exit (30 secs. preschool)

Swim, float, swim
25 yd. (15 yd. preschool)

SWIM STROKES
Skills to support a healthy lifestyle

4 Stroke Introduction

Endurance
any stroke or combination of strokes, 25 yd.

Front crawl
rotary breathing, 15 yd.

Back crawl
15 yd.

Dive
sitting

Resting stroke
elementary backstroke, 15 yd.

Tread water
scissor & whip kick, 1 min.

Breaststroke
kick, 15 yd.

Butterfly
kick, 15 yd.

5 Stroke Development

Endurance
any stroke or combination of strokes, 50 yd.

Front crawl
bent-arm recovery, 25 yd.

Back crawl
pull, 25 yd.

Dive
kneeling

Resting stroke
sidestroke, 25 yd.

Tread water
scissor & whip kick, 2 mins.

Breaststroke
25 yd.

Butterfly
simultaneous arm action & kick, 15 yd.

6 Stroke Mechanics

Endurance
any stroke or combination of strokes, 150 yd.

Front crawl
flip turn, 50 yd.

Back crawl
pull & flip turn, 50 yd.

Dive
standing

Resting stroke
elementary backstroke or sidestroke, 50 yd.

Tread water
retrieve object off bottom, tread 1 min.

Breaststroke
open turn, 50 yd.

Butterfly
25 yd.

PATHWAYS
Specialized tracks

- Competition
- Leadership
- Recreation

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