



Can your child swim 5 feet on their stomach with their face in the water?

Y

N

WATER ACCLIMATION
Children learn and practice water safety skills that help them become comfortable with underwater exploration

WATER MOVEMENT
Children practice water safety skills that help them move forward across the pool

N

Can your child swim 15 feet on their stomach with their face in the water?
Can your child also float on their back for 10-20 seconds?

Y

WATER STAMINA
Children practice water safety skills that help increase swim distance across pool

Can your child swim on their stomach and their back for 15 yards without assistance?

Y

N

STROKE INTRODUCTION
Children practice skills that build stamina while learning strokes

N

Can your child swim on their stomach and their back for 25 yards?
(one full length of the pool)
Can your child also tread water for 1 minute?

Y

STROKE DEVELOPMENT
Children continue building stroke technique & stamina

Can your child swim front crawl and back crawl 25 yards with proper technique?
Can your child also swim breaststroke and butterfly 15 yards?

N

STROKE MECHANICS
Children prepare for competitive swimming

N

Can your child swim 25 yards of all competitive swim strokes?
front & back crawl, breaststroke, butterfly

Y

Y

SWIM TEAM TRYOUT
Summer team: May
School year team: August