

SWIM LESSON SELECTOR

WHAT AGE GROUP DOES THE STUDENT FALL INTO?

SWIM STARTERS



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. Parents learn about water safety, drowning prevention, and the importance of supervision.

SWIM BASICS



3 years–12 years
PRESCHOOL/SCHOOL AGE
STAGES 1–3

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; and jump, push, turn, and grab.

Students develop comfort with underwater exploration, then focus on body position and control, directional change, and forward movement. They build endurance by learning to swim from a longer distance, and work on rhythmic breathing and integrated arm and leg action.

SWIM STROKES



6 years – 12 years
SCHOOL AGE
STAGES 4–6

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.

Students develop technique in front and back crawl and learn the breaststroke and butterfly kicks, then learn and refine all major competitive strokes. They also learn to tread water and use the sidestroke to swim to safety.

WHICH STAGE IS THE STUDENT READY FOR?

Can the student respond to verbal cues and jump on land?

NOT YET

A / WATER
DISCOVERY

Is the student comfortable working with an instructor without a parent in the water?

NOT YET

B / WATER
EXPLORATION

Swim Basics:

Will the student go underwater voluntarily?

NOT YET

1 / WATER
ACCLIMATION

Can the student do a front and back float on his or her own?

NOT YET

2 / WATER
MOVEMENT

Can the student swim 10–15 yards on his or her front and back?

NOT YET

3 / WATER
STAMINA

Swim Strokes:

Can the student swim 15 yards of front and back crawl?

NOT YET

4 / STROKE
INTRODUCTION

Can the student swim front crawl, back crawl, and breaststroke across the pool?

NOT YET

5 / STROKE
DEVELOPMENT

Can the student swim front crawl, back crawl, and breaststroke across the pool and back?

NOT YET

6 / STROKE
MECHANICS