

Program Overview

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Water

Acclimation

SWIM STARTERS

Parent* & child lessons

A Water **Discovery**

Introduces infants and toddlers to the aquatic environment

В Water **Exploration**

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

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



SWIM BASICS (Safety Around Water)

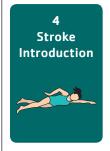
Recommended skills for all to have around water

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



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



Refines stroke Introduces breaststroke and technique on all butterfly and major competitive reinforces water strokes and safety through encourages treading water swimming as and sidestroke part of a healthy lifestyle

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Stroke

Mechanics

PATHWAYS

Specialized tracks





Recreation

Outcomes

Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidencebuilding 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, quardians, 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



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,

Back tow

assisted, head on shoulde**r**

Wall grab assisted B Water Exploration

Blow bubbles mouth & nose

submerged,

Front tow

blow bubbles, assisted

Water exit assisted

assisted

Water entry assisted

Back float assisted, head

Roll

on chest

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

Water Acclimation

Submerge bob independently

Front glide assisted, to wall,

Water exit independently

5 ft.

Jump, push, turn, grab

assisted

Back float assisted, 10 secs., recover independently

Roll assisted

Front float assisted,

assisted, 10 secs., recover independently

Back glide assisted, at wall, 5 ft.

Swim, float, swim assisted, 10 ft. 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 vd.

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

Stroke Introduction

Endurance any stroke or combination of

strokes, 25 yd.

Front crawl rotary breathing, 15 yd.

Back crawl 15 vd.

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,

Back crawl pull, 25 yd.

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





Recreation 🚚