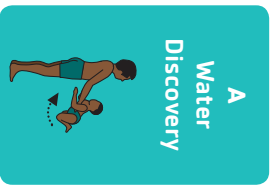



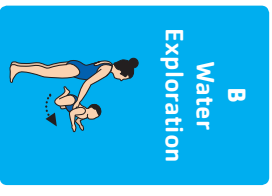



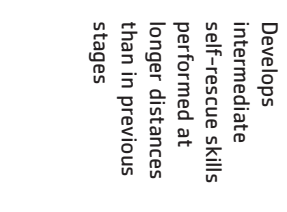







Program Overview

<p>SWIM STARTERS</p> <p>Parent* & child lessons</p>	<p>SWIM BASICS (Safety Around Water)</p> <p>Recommended skills for all to have around water</p>	<p>SWIM STROKES</p> <p>Skills to support a healthy lifestyle</p>	<p>PATHWAYS</p> <p>Specialized tracks</p>
<p>A</p> <p>Water Discovery</p> 	<p>1</p> <p>Water Acclimation</p> 	<p>2</p> <p>Water Movement</p> 	<p>3</p> <p>Water Stamina</p> 
<p>B</p> <p>Water Exploration</p> 	<p>4</p> <p>Stroke Introduction</p> 	<p>5</p> <p>Stroke Development</p> 	<p>6</p> <p>Stroke Mechanics</p> 
<p>Introduces infants and toddlers to the aquatic environment</p> <p>Focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatic skills</p>	<p>Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance</p> <p>Encourages forward movement in water and basic self-rescue skills performed independently</p> <p>Develops intermediate self-rescue skills performed at longer distances than in previous stages</p>	<p>Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke</p> <p>Introduces breaststroke and butterfly and reinforces water safety through treading water and sidestroke</p> <p>Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle</p>	<p>Competition</p> 
<p>Outcomes</p> <p>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.</p>	<p>Outcomes</p> <p>Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:</p> <ul style="list-style-type: none"> - Swim, float, swim—sequencing front glide, roll, back float, roll, front glide, and exit - Jump, push, turn, grab 	<p>Outcomes</p> <p>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.</p>	<p>Outcomes</p> <p>Students build confidence, cultivate their passion, and stay active through specialized tracks.</p>
<p>Recreation</p> 	<p>Leadership</p> 	<p>Competition</p> 	<p>PATHWAYS</p> <p>Specialized tracks</p>

*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.