





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

SWIM BASICS

Recommended skills for all to have around water

SWIM STROKES

Skills to support a healthy lifestyle

PATHWAYS

Specialized tracks

A Water Discovery

B Water Exploration

1 Water Acclimation

2 Water Movement

3 Water Stamina

4 Stroke Introduction

5 Stroke Development

6 Stroke Mechanics

Competition

Leadership

Recreation

Blow bubbles
on surface,
assisted

Blow bubbles
mouth & nose
submerged,
assisted

Front tow
chin in water,
assisted

Front tow
blow bubbles,
assisted

Water exit
parent & child
together

Water exit
assisted

Water entry
parent & child
together

Water entry
assisted

Back float
assisted, head on
shoulder

Back float
assisted, head
on chest

Roll
assisted

Roll
assisted

Front float
chin in water,
assisted

Front float
blow bubbles,
assisted

Back tow
assisted, head on
shoulder

Back tow
assisted, head
on chest

Wall grab
assisted

Monkey crawl
assisted, on edge,
5 ft.

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.

Submerge
look at object on
bottom

Front glide
10 ft. (5 ft.
preschool)

Water exit
independently

**Jump, push,
turn, grab**
assisted

Back float
20 secs. (10 secs.
preschool)

Roll
assisted

Front float
20 secs. (10 secs.
preschool)

Back glide
10 ft. (5 ft.
preschool)

Swim, float, swim
assisted, 10 ft.

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
assisted

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

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

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.

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.

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.