

## Pre Level 1- Intro to Water Skills

- Comfortable in water without parent
- Knowledge of pool and safety rules: learn 1 new rule each week, be able to repeat it at next lesson
  - No running, no diving, no jumping on/near others, no horseplay, splashing is frowned upon, stop when someone says to, always swim with an adult/buddy, etc.
- Enter & exit pool safely using steps, ladder, side
  - "Elbow, elbow, belly, knee!"
- Breath control
  - Place chin in water, slowly lower to lips, blow on top of water as if blowing out candles
  - Cup water in hands and blow bubbles
  - After child can blow bubbles with mouth, work on getting them to blow bubbles with nose by humming
  - Have them go home and practice in bathtub or sink
- Submerging (assisted)
  - Once child is comfortable with mouth and nose in water, ask child to get eyes wet
  - Once eyes are wet, move to forehead
  - Blowing bubbles as they're submerged- at least 3 seconds
- Bobbing (assisted)
  - Child should be comfortable submerging
  - In chest deep water, have child jump up and down and submerge holding instructor's hands
  - Must be comfortable in chest deep or deeper water, bobbing to safety (jumping forward)
- Front float (assisted)
  - w/instructor support, have child lean forward with arms in front and face down, blowing bubbles with legs straight and body relaxed (3-5 seconds)
  - Can also be shown how to do this using noodle support
  - Once comfortable, have child try unassisted
- Back float (assisted)
  - Have child hold wall, balls of feet on wall w/bent knees; head back, looking up to ceiling with ears in water, have child *gently* push off wall and drop hands to sides, straighten out belly and relax. Instructor should be holding child's head for support
  - Can also be shown how to do this using noodle support
  - Once comfortable have child try unassisted
- Jumping into water assisted
  - Standing at edge, holding instructor's hands
  - Can go under OR have head stay above water
- Kicking with pointed toes and straight knees
  - On barbell, possibly noodle or kickboard
- Scoops with full elbow extension
  - Closed fingers "spoons"
  - Reach in front of nose, not shoulders or wider
- Doggie paddle on noodle (assisted)
  - Kicks splashing
  - Forward motion
  - Able to successfully change direction

## Level 1- Water Skills

- Front float review: independent 5+ seconds
- Back float review: independent 10+ seconds
- Front glide with streamline to instructor: <5 feet
  - Demonstrate by standing with arms overhead, hands on top of one another, squeezing ears, chin to chest. Have child demonstrate position while sitting on wall/standing out of water
  - Have child place 1 hand on wall, both feet on wall with one arm extended in front and in a crouch position (squatting to shoulder depth)
  - Push off wall bringing both arms forward and together, face down with chin to chest and arms squeezing ears; glide at least 2 body lengths
- Front glide (streamline) with kick
  - Once child is comfortable with above, have them add freestyle kick after pushing off wall and *successfully entering streamline position*
- Front glide (streamline) with kick and stroke
  - On land or standing in water demonstrate freestyle arm stroke, have child demonstrate as well
  - Start in streamline position after pushing off wall, add kick, then have student incorporate freestyle arms. Each stroke should extend all the way forward, push straight down in the water and extend all the way behind student, then come forward and meet hands again.
  - Should play “catch up”- one hand remains in streamline position while other completes stroke and meets back ahead of swimmer before next stroke
- Back glide unassisted: 1-2 body lengths
  - Hips to surface, knees break surface, arms over head (streamline) OR at sides
- Back glide with kick
  - Follow back float steps
  - Once child has pushed off wall have them add kick. Hips should be at surface of water and knees should come out of the water slightly when kicking
- Elementary backstroke half lap
  - “Tickle-tee-touch” hands start at sides in back float position, come up to “tickle” armpits, widen out to the letter “t” at either side (hands still in water), then snap back to sides
  - Follow back glide with kick steps
  - Once child is kicking, have them add tickle-tee-touch
- Jumping to water unassisted
  - Child is standing on side of pool and jumps to instructor who catches them
- Submerge and retrieve objects in shallow water: steps, <2 feet
  - Place object in water
  - Have child put face in water and reach while blowing bubbles to retrieve
  - Assist child until comfortable doing it on their own
- Bobbing unassisted
  - Steps- neck height OR deeper than child, 5-10 bobs
- Doggie paddle on noodle unassisted: half lap

## Level 2- Basic Skills

- Front glide with freestyle arms review: to flags/ 15 feet without assistance
- Elementary backstroke review: to flags/ 15 feet without assistance
- Bobbing unassisted: 10-20 bobs
- Freestyle (no rotary breathing) half lap
  - Push off from wall in streamline position and add freestyle arms. Kicking with relaxed straight leg & pointed toes, focusing on arm extension and consistency
  - Student should be breathing no more often than every 3 strokes; may breathe face forward at this point
- Backstroke (with proper arms) half lap
  - Demonstrate with student by standing out of the water, starting hands at sides. Bring arm forward and over head, palm facing inward and elbow straight; at apex of stroke, turn hand outwards to “grab” the water and pull down to side
  - Push off from wall in backstroke streamline position and add backstroke arms. Arms should be extended straight from hip and all the way back and above head, bicep to ear; hips should be level with surface of water and kicks should be consistent
- Tread water for 15 seconds
  - Have child sit on noodle like they sit on a bike
  - Demonstrate figure 8 motion underwater with hands, have child practice
  - Demonstrate treading water kicks; there are several types so go with the one that the child picks up easiest
  - Once child is comfortable with arm and kick patterns, have them tread on the noodle keeping their shoulders out of the water for 15+ seconds
  - In deep water support child from behind, have child start sweeping hands in figure 8 motion, gradually lift legs off of floor in running, rotary, or scissor kick motion hard enough to keep head above water then try unassisted when comfortable
- Roll front to back, back to front
  - Using freestyle and backstroke, alternate every other one as they swim across 25 yards
  - Staying horizontal (no vertical recovery)
- Freestyle kick with kickboard full lap unassisted (non-stop)
- Submerge and retrieve: >2 feet to <5 feet
  - Place object in water, have child swim over object, place head down, kick up and retrieve object then return to surface
  - Encourage blowing bubbles while under water, especially when coming back up and when upside down
- Introduction to rotary breathing
  - “One, two, breathe!” (breathe and three are interchangeable when counting; the idea is that the student takes the breath AS they’re completing their third downstroke, and is putting their face back in on the “fourth” arm)
  - Chin is down, eyes looking straight underneath swimmer
  - Body rotation happens mid-core; while breathing shoulders are perpendicular to water surface and line of sight is above and behind swimmer, NOT next to or ahead of.
- Jumping in and returning to wall unassisted

### Level 3 - Stroke Progress

- Freestyle Review: 25 yards with rotary breathing
- Backstroke review: 25 yards
- Jumping in and swimming (any stroke): 15+ feet unassisted
  - Vertical recovery and water deeper than student or at least 4 feet
- Back and front float unassisted: 30 seconds or more
- Tread Water for 30 seconds to 1 minute
- Introduction to breaststroke kick
  - Part 1 (scrunch): knees bent up to butt, feet flexed (should look like a frog, knees under swimmer and slightly out to the sides, not closed)
  - Part 2 (wide): legs shoot straight out in a "v" shape at surface of water, feet still flexed
  - Part 3 (snap): straight legs come together hard and fast as toes point, swimmer should be able to glide
  - Focus on core strength and keeping back level consistent (horizontal and at surface of water) through multiple kicks
- Introduction to dolphin kick
  - Begin the kick using abdominals, hips and thighs in a continual motion with the legs together (seesaw/teetertotter) bend knees slightly downward then extend the legs in a whiplike motion straighten the legs on the way up until the heels break the surface of the water the hips rise above and return just below the water surface
- Freestyle and backstroke kick with kickboard: 50+ yards nonstop
- Submerge and retrieve objects in deep water: >5 feet
  - Can be adjusted for shallow pools- child should be able to retrieve 2 or 3 objects at a time in water 4 feet 6 inches deep or less
- Introduce sitting dive (where applicable)
  - Have child sit on deck, feet in water, water should be 4 to 6 feet deep. Instructor is in water. Child bends at waist head between legs, chin to chest. Instructor holds child's hands (streamline position) gently pulls child into water, hands head shoulders hips legs. When child is comfortable, have child try to do themselves.

### Level 4 - Stroke Refinement

- Freestyle review: 50 yards
- Backstroke review: 50 yards
- Breaststroke kick review: 50 yards (with or without board)
- Intro to breaststroke arms and breathing
  - Arms start in streamline position, pull with high elbows at approximately a 45 degree angle and bring thumbs to chest near armpits, then shoot body and arms forward and return to streamline position
  - Breath comes at apex of pull, head should remain fixed in place at a slightly down angle; challenge will be using enough strength to pull head out of water and back in
- Intro to butterfly arms and breathing
  - Arms extended in front of shoulders (superman) press palms down, bending elbows, pushing water to feet. Accelerate the arms by pressing the hands down towards hips

- Swing the arms out over the water wide to the sides (letter t) making sure the hand is leading moving hands just above the water surface to enter the water in front of the shoulders keeping the wrist relaxed and thumbs down in front
- Breathing: During the recovery, bend knees for the first kick as the hands enter the water pressing downward with the chin and chest extend forward, just on top of water surface to breath, legs are extended for the downbeat of kick
- Exhale during the underwater pull as the body rises forward. Inhale as the arms press down and exit the surface of the water. As the arms rise about the surface of the water, place head back into water as the arms come forward in front of shoulders
- Kicking with kickboard all 4 strokes: 50 yards nonstop
- Swim underwater for 3-5 body lengths
- Tread water for 1+ minute
- Sitting/kneeling dive review, intro to standing dives
  - Kneeling: One knee on the deck the other leg knee bent, butt up to ceiling, head down, arms in streamline position, pull child down in water. When they are comfortable have them try themselves.
  - Standing: With 2 feet at edge of pool, bending at waist, head down chin to chest, hands in streamline position. Instructor holds hands of child gently pulls child into water, long and shallow not deep. Once child is comfortable have them practice.
- Intro to flip turns (somersaults in water)
  - Somersault from standing, knees closed and landing in approximately the same place
  - Hold on to wall with full arm extension and fast freestyle kicks, face in. on command, flip over and push off into back glide
- Intro to open turns (freestyle and backstroke)
  - Body length away from wall extend the leading arm until it touches the wall, bend elbow of leading arm and drop the shoulder slightly while rotating the body to move towards the wall
  - Tuck legs under the hips placing feet on wall
  - Extend the other arm over body towards opposite end of pool
  - Lift face out of water, turn body slightly as you push feet from wall going into streamline position

## Level 5- Stroke Technique

- Freestyle review: 100 yards nonstop
- Backstroke review: 100 yards nonstop
- Breaststroke review: 100 yards nonstop
- Butterfly review: 50 yards nonstop
- Diving review: standing, stride, competition start
  - Stride: Feet should be in track start position (one foot in front one foot behind) hands on deck, head down, chin to chest, push off from deck with feet, enter water hand, head, shoulders, hips, legs
  - Competition: from block, student starts with one foot forward gripping the edge and one foot back (similar to stride) On the mark, they crouch down and grip the edge of block, putting all of their tension in their forward leg (back of thigh) with rear end stretching up. On set, head goes

down between arms. On go, arms and head snap forward and student launches out and down from block. The goal is a shallow dive that allows for dolphin kick to surface and then the stroke.

- Introduction to individual medley (100 yards)
  - 25 yards each in order: butterfly, backstroke, breaststroke, freestyle
  - Appropriate turns in between each stroke
- Flip turn review: freestyle and backstroke
- Open turn review (all strokes)
- Streamline position (no board) kicking: all strokes 50+ yards

#### Level 6- Stroke Proficiency (swim team prep)

- Freestyle 100-200 yards with flip turns
- Backstroke 100-200 yards with flip turns
- Breaststroke 100-200 yards with open turns
- Butterfly 100+ yards with open turns
- Individual medley 100-200 yards with proper turns
- Breaststroke and butterfly pull out
- Knowledge of at least one drill per stroke
  - Freestyle: catch up, shark fin
  - Backstroke:
  - Breaststroke:
  - Butterfly:
- Introduction to interval training