



Program Overview

SWIM STARTERS

Parent* & child lessons



Introduces infants and toddlers to the aquatic environment

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

SWIM BASICS (Safety Around Water)

Recommended skills for all to have around water



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

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

Introduces breaststroke and butterfly and reinforces water safety through treading water and sidestroke

Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle

PATHWAYS

Specialized tracks



Outcomes

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.

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, guardians, stepparents, grandparents, or any other type of parenting relationship.