



# 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

**A**  
Water  
Discovery

**B**  
Water  
Exploration

**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.

## SWIM BASICS

Recommended skills for all to have around water

**1**  
Water  
Acclimation

**2**  
Water  
Movement

**3**  
Water  
Stamina

**4**  
Stroke  
Introduction

**5**  
Stroke  
Development

**6**  
Stroke  
Mechanics

**Submerge**  
bob independently

**Front glide**  
assisted, to wall,  
5 ft.

**Water exit**  
independently

**Water exit**  
independently

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

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

**Back float**  
assisted,  
10 secs., recover  
independently

**Back float**  
assisted,  
10 secs., recover  
independently

**Roll**  
assisted

**Roll**  
assisted

**Front float**  
assisted,  
10 secs., recover  
independently

**Front float**  
assisted,  
10 secs., recover  
independently

**Back tow**  
assisted, head  
on chest

**Back tow**  
assisted, head  
on chest

**Monkey crawl**  
assisted, on edge,  
5 ft.

**Monkey crawl**  
assisted, on edge,  
5 ft.

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

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

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

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

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

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

## SWIM STROKES

Skills to support a healthy lifestyle

**Endurance**  
any stroke or  
combination of  
strokes, 25 yd.

**Endurance**  
any stroke or  
combination of  
strokes, 50 yd.

**Front crawl**  
rotary breathing,  
15 yd.

**Front crawl**  
bent-arm  
recovery,  
25 yd.

**Back crawl**  
15 yd.

**Back crawl**  
pull, 25 yd.

**Dive**  
sitting

**Dive**  
kneeling

**Resting stroke**  
elementary  
backstroke,  
15 yd.

**Resting stroke**  
elementary  
backstroke,  
25 yd.

**Tread water**  
scissor & whip  
kick, 1 min.

**Tread water**  
scissor & whip  
kick, 2 mins.

**Breaststroke**  
kick, 15 yd.

**Breaststroke**  
kick, 25 yd.

**Butterfly**  
kick, 15 yd.

**Butterfly**  
kick, 25 yd.

**Butterfly**  
kick, 15 yd.

**Butterfly**  
simultaneous arm  
action & kick,  
15 yd.

**Butterfly**  
simultaneous arm  
action & kick,  
25 yd.

## PATHWAYS

Specialized tracks

**Competition**

**Leadership**

**Recreation**