

CEDAR VALLEY SPORTSPLEX SWIM LESSON PROGRAM: SKILLS EVALUATION

PARENT-CHILD: INFANT	PARENT-CHILD: TODDLER		
AGES: 6 - 18 MONTHS Parent-Child	AGES: 18 MONTHS - 3 YEARS		
Parent provides support to help child complete skills.	Parent-Child Parent provides support to help child complete skills.		
WATER ENTRY/EXIT	WATER ENTRY/EXIT		
Safe water entry: 0-depth, elevated	Safe water entry: 0-depth, stairs,		
position	elevated position		
Safe water exit: 0-depth, wall	Safe water exit: 0-depth, stairs, wall		
WATER EXPLORATION	WATER EXPLORATION		
Get arms, neck, and face wet	Get arms, neck, and face wet		
Retrieve toy from 0-depth	Walk in the water without aid		
	Run in the water without aid		
	Retrieve toy from shallow water		
BREATH CONTROL	BREATH CONTROL		
Closed mouth in water	Blow bubbles		
Blowing bubbles	Blow bubbles with ears in water		
	Submerge face in water		
BODY CONTROL	BODY CONTROL		
Front float and glide	Front float with support		
Front float and glide	Front float with support		
Back float and glide	Back float with support		
Roll from front to back	Roll from front to back		
Roll from back to front	Roll from back to front		
SWIM ON FRONT	SWIM ON FRONT		
Kicks on front	Lay on stomach and kick		
Swimmer hands	Front float with support and kick to safety		
Forward arm movement	Swimmer hands		
	Forward arm movement		
SWIM ON BACK	SWIM ON BACK		
Kicks on back	Lean back on hands and kick		
	Back float with support and kick to		
	safety SELF-RESCUE SKILLS		
	Jump to parent and swim to safety		
WATER SAFETY	WATER SAFETY		
WATER SAFETY Pass child from parent to instructor	WATER SAFETY Pass child from parent to instructor		
WATER SAFETY	WATER SAFETY		

PRESCHOOL 1	PRESCHOOL 2		
SWIM BASICS	SWIM FUNDAMENTALS		
AGES: 3-5 YRS	AGES: 3-5 YRS		
Skills performed with support from instructor or assisted using kick stick or kick board.	Most skills performed independently.		
WATER ENTRY/EXIT			
Safe water entry: 0-depth, stairs,			
elevated position			
Safe water exit: 0-depth, stairs, wall			
WATER EXPLORATION			
Walk in water			
Run in water			
Get arms, neck, and face wet			
BREATH CONTROL	BREATH CONTROL		
Blow bubbles - 3 seconds	Introduction to bobbing		
Face in water to ears and blow bubbles -	<u> </u>		
3 seconds	3 bobs		
Face in water and blow bubbles - 3	Face in water to ears and hold breath 3		
seconds	seconds		
Submorgo and hold broath under water	Blow bubbles, face submerged—5		
Submerge and hold breath under water	seconds		
	Face in water to ears and blow bubbles -		
	7 seconds		
	Face in water, eyes open, retrieve		
DODY SOUTES	submerged object		
BODY CONTROL Front float 3 seconds and recover -	BODY CONTROL		
assisted	Front float 5 seconds and recover		
Back float 5 seconds and recover - assisted	Back float 5 seconds and recover		
Roll from front to back - assisted	Roll from front to back		
Roll from back to front - assisted	Roll from back to front		
SWIM ON FRONT	SWIM ON FRONT Flutter kick on front with kick		
Front float and flutter kick	stick/board		
Swimmer hands	Forward arm movement		
	Putting it together: front float, kick, and		
Forward arm movement	forward arm movements - assisted		
SWIM ON BACK	SWIM ON BACK		
Back float and flutter kick	Flutter kick on back with kickstick/board		
SELF-RESCUE SKILLS	SELF-RESCUE SKILLS		
Swim in deep water—assisted	Swim in deep water—assisted		
Jump to instructor, recover to back float,	Jump to instructor in shallow water,		
kick to safety, exit pool	recover to back float, kick to safety, exit		
	pool - assisted		
	Jump to instructor in deeper water,		
	recover to back float, kick to safety, exit		
WATER SAFETY	pool - assisted WATER SAFETY		
Life jacket safety	Life jacket safety		
Water safety	Water safety		



SPORTSPLEX SWIM LESSON PROGRAM: SKILLS EVALUATION SWIM LESSON PROGRAM: SKILLS EVALUATION

Where active lifestyles take shape			ONILLO LVAL		
LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5	LEVEL 6
PRESCHOOL/SWABBIES	SWABBIES/DECK HANDS	DECK HANDS/1ST MATES	SKIPPERS	CAPTAINS	ADMIRALS
AGES: 5 YRS & OLDER Exception: passed preschool 2	AGES: 5 YRS & OLDER	AGES: 5 YRS & OLDER	AGES: 5 YRS & OLDER	AGES: 5 YRS & OLDER	AGES: 5 YRS & OLDER
AGES: 6 - 18 MONTHS	AGES: 18 MONTHS - 3 YEARS	Skills performed independently	Skills performed independently	Skills performed independently	Skills performed independently
BREATH CONTROL	BREATH CONTROL	BREATH CONTROL	BREATH CONTROL	BREATH CONTROL	
Submerge and hold breath for 5	10 bobs	15 bobs	Bobbing from deep to shallow	Retrieve object from deepeest	
seconds 5 bobs	Open eyes underwater, retrieve object from bottom of pool	Bobbing with forward motion—15 yards	water Advanced rotary breathing - in coordination with freestyle - 25	end of pool	
Open eyes underwater, retrieve	Introduction to rotary	Rotary breathing with	yards		
submerged object	breathing	board—15 yards			
BODY CONTROL Front float and recover—5	BODY CONTROL Front float and recover—10		BODY CONTROL	BODY CONTROL	BODY CONTROL
seconds	seconds		Forward somersault		
Back float and recover—7 seconds	Back float and recover—15 seconds		Backward somersault		
Roll from front to back and recover	3000103				
Roll from back to front and recover					
SWIM ON FRONT	SWIM ON FRONT	SWIM ON FRONT	SWIM ON FRONT	SWIM ON FRONT	SWIM ON FRONT
Face in water, flutter kick with board on front - 5 yards	Flutter kick with board on front - 10 yards	Streamline on front with flutter kick—10 yards	Freestyle - 25 yards	Freestyle - 50 yards	Freestyle 100 yards with flip turn
Introduction to freestyle arms	Introduction to streamline: front glides	Freestyle - 15 yards	Coordinating breaststroke - 25 yards	Breaststroke - 50 yards	Breaststroke 75 yards with open turn
Putting it together: front float, kick, freestyle arms	Coordinating freestyle - 10 yards	Introduction to breaststroke kick	Streamline into freestyle	Sidestroke - 50 yards	Sidestroke 75 yards
		Breaststroke kick with board - 15 yards	Scissor kick with board - 15 yards	Introduction to dolphin kick	Butterfly kick - 50 yards
		Introduction to breaststroke	Introduction to sidestroke	Dolphin kick with board - 25	Introduction to butterfly
			Coordinating sidestroke - 25	yards Introduction to open turn:	Coordinating butterfly - 25
			yards	breaststroke Introduction to flip turn:	yards
				freestyle	
SWIM ON BACK Flutter kick with board on back -	SWIM ON BACK Flutter kick with board on back -	SWIM ON BACK Streamline on back with flutter	SWIM ON BACK Elementary backstroke - 25	SWIM ON BACK	SWIM ON BACK Backstroke 100 yards with flip
5 yards	10 yards	kick—10 yards	yards	Backstroke - 50 yards	turn
Introduction to sculling on back	Finning on back - 5 yards	Elementary backstroke - 15 yards	Backstroke - 25 yards	Elementary Backstroke - 50 yards	
Introduction to finning on back	Introduction to elementary backstroke	Introduction to backstroke	Streamline into backstroke	Introduction to open turn: backstroke	
	Introduction to streamline: back glides	Coordinating backstroke - 10 yards			
SELF-RESCUE SKILLS	SURVIVAL SKILLS	SURVIVAL SKILLS	SURVIVAL SKILLS & JUNIOR	SURVIVAL SKILLS & JUNIOR	SURVIVAL SKILLS & JUNIOR
Jump into shallow water (shoulder height) without aid, return to safety	Jump into deep water, recover to back float, kick to safety, exit pool	Survival float - 30 seconds	LIFEGUARDING Survival float - 1 minute	LIFEGUARDING Tread water - 2 minutes	LIFEGUARDING Tread water 2 minutes - no hands
Swim in deep water - assisted	Survival float - 5 times	Treading water: coordinating arm and leg movements in shallow water - 30 seconds	Tread water - 1 minute	Junior lifeguarding: water entries and swimming with a guard tubes	Junior lifeguarding: rescues at or near the surface
Jump into shallow water, push off bottom, recover to back float, kick to safety, exit pool - assisted	Introduction to treading water - arm movements: finning, sculling	Swimming with a life jacket	Junior lifeguarding: simple, reaching, & throwing assists	Feet first surface dive	Surface dive and recover 10 LE weight from deep end
Jump to instructor in deep water, recover to back float,	Introduction to treading water -			Head first surface dives: tuck	
kick to safety, exit pool - assisted	leg movements: scissor kick, frog kick			and pike	
	leg movements: scissor kick,			·	
	leg movements: scissor kick, frog kick Putting it together: treading		DIVING Sected disc	DIVING	DIVING
	leg movements: scissor kick, frog kick Putting it together: treading		Seated dive	DIVING Standing dive	DIVING Race starts
	leg movements: scissor kick, frog kick Putting it together: treading		Seated dive Kneeling dive	DIVING	
	leg movements: scissor kick, frog kick Putting it together: treading		Seated dive	DIVING Standing dive	
	leg movements: scissor kick, frog kick Putting it together: treading		Seated dive Kneeling dive	DIVING Standing dive	Race starts ADVANCED SWIM SKILLS Circle swimming
	leg movements: scissor kick, frog kick Putting it together: treading		Seated dive Kneeling dive	DIVING Standing dive	Race starts ADVANCED SWIM SKILLS Circle swimming Individual medley
	leg movements: scissor kick, frog kick Putting it together: treading		Seated dive Kneeling dive	DIVING Standing dive	Race starts ADVANCED SWIM SKILLS Circle swimming
	leg movements: scissor kick, frog kick Putting it together: treading	WATER SAFETY Life jacket safety	Seated dive Kneeling dive	DIVING Standing dive	ADVANCED SWIM SKILLS Circle swimming Individual medley Relays What's next: swimming for exercise, swim/dive team,