

CEDAR VALLEY SPORTSPLEX SWIM LESSON PROGRAM: SKILLS EVALUATION

PARENT-CHILD: INFANT	PARENT-CHILD: TODDLER
AGES: 6 - 18 MONTHS	AGES: 18 MONTHS - 3 YEARS
Parent-Child	Parent-Child
arent provides support to help child complete skills.	Parent provides support to help child complete
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
BREATH CONTROL	Retrieve toy from shallow water 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
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	
Forward arm movement SWIM ON BACK	Swimmer hands
	Swimmer hands Forward arm movement
SWIM ON BACK	Swimmer hands Forward arm movement SWIM ON BACK
SWIM ON BACK	Swimmer hands Forward arm movement SWIM ON BACK Lean back on hands and kick Back float with support and kick to

PRESCUON 1	DDESCHOOL 3
PRESCHOOL 1 SWIM BASICS	PRESCHOOL 2 SWIM FUNDAMENTALS
AGES: 3-5 YRS	AGES: 3-5 YRS
	AGES: 3-3 TR3
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 -	2 h - h -
3 seconds	3 bobs
Face in water and blow bubbles - 3	Face in water to ears and hold breath 3
seconds	seconds
Submerge and hold breath under water	Blow bubbles, face submerged—5
	seconds
	Face in water to ears and blow bubbles -
	7 seconds
	Face in water, eyes open, retrieve submerged object
BODY CONTROL	BODY CONTROL
Front float 3 seconds and recover -	
assisted	Front float 5 seconds and recover
Back 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
Front float and flutter kick	Flutter kick on front with kick
Swimmer hands	stick/board Forward arm movement
Forward arm movement	Putting it together: front float, kick, and 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, swim to	Jump to instructor in shallow water,
safety, exit pool—assisted	recover, swim to safety, exit pool -
	assisted Jump to instructor in deeper water,
	recover, swim to safety, exit pool -
	assisted
WATER SAFETY	WATER SAFETY
Life jacket safety	Life jacket safety
Life jacket safety Water safety	Life jacket safety Water safety



SPORTSPLEX SWIM LESSON PROGRAM: SKILLS EVALUATION

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	AGES: 5 YRS & OLDER	AGES: 5 YRS & OLDER	AGES: 5 YRS & OLDER	AGES: 5 YRS & OLDER	AGES: 5 YRS & OLDER
Exception: passed preschool 2 AGES: 6 - 18 MONTHS	AGES: 18 MONTHS - 3 YEARS	Skills performed independently	Skills performed independently	Skills performed independently	Skills performed independently
7102510 20 110111113	71023. 20 110111113 3 1211113	Skills performed independency	Sams performed independency	Sains performed independently	Skills performed macpendency
BREATH CONTROL	BREATH CONTROL	BREATH CONTROL	BREATH CONTROL	BREATH CONTROL	
ubmerge and hold breath for 5 seconds	10 bobs	15 bobs	Bobbing from deep to shallow water	Retrieve object from deepeest end of pool	
5 bobs	Open eyes underwater, retrieve	Bobbing with forward	Advanced rotary breathing - in coordination with freestyle - 25		_
	object from bottom of pool	motion—15 yards	yards		
pen eyes underwater, retrieve submerged object	Introduction to rotary breathing	Rotary breathing with board—15 yards			
BODY CONTROL	BODY CONTROL		BODY CONTROL	BODY CONTROL	BODY CONTROL
Front float and recover—5 seconds	Front float and recover—10 seconds		Forward somersault		
Back float and recover—7 seconds	Back float and recover—15 seconds		Backward somersault		
Roll from front to back and	***************************************				
recover					
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	Flutter kick with board on front -	Streamline on front with flutter			Freestyle 100 yards with flip
board on front - 5 yards	10 yards	kick—10 yards	Freestyle - 25 yards	Freestyle - 50 yards	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 yards	Introduction to butterfly
				, ,	
			Coordinating sidestroke - 25	Introduction to open turn:	Coordinating butterfly - 25
			Coordinating sidestroke - 25 yards	Introduction to open turn: breaststroke Introduction to flip turn:	Coordinating butterfly - 25 yards
			yards	breaststroke Introduction to flip turn: freestyle	yards
SWIM ON BACK	SWIM ON BACK	SWIM ON BACK	yards SWIM ON BACK	breaststroke Introduction to flip turn:	yards SWIM ON BACK
	SWIM ON BACK - Flutter kick with board on back - 10 yards	ì	yards	breaststroke Introduction to flip turn: freestyle	yards SWIM ON BACK
lutter kick with board on back 5 yards	- Flutter kick with board on back - 10 yards Introduction to elementary	Streamline on back with flutter kick—10 yards Elementary backstroke - 15	yards SWIM ON BACK Elementary backstroke - 25	breaststroke Introduction to flip turn: freestyle SWIM ON BACK Backstroke - 50 yards Elementary Backstroke - 50	yards SWIM ON BACK Backstroke 100 yards with fli
lutter kick with board on back 5 yards ntroduction to sculling on back	- Flutter kick with board on back - 10 yards Introduction to elementary backstroke Introduction to streamline:	Streamline on back with flutter kick—10 yards	yards SWIM ON BACK Elementary backstroke - 25 yards	breaststroke Introduction to flip turn: freestyle SWIM ON BACK Backstroke - 50 yards Elementary Backstroke - 50 yards Introduction to open turn:	yards SWIM ON BACK Backstroke 100 yards with fli
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Flutter kick with board on back 5 yards ntroduction to sculling on back ntroduction to finning on back	- Flutter kick with board on back - 10 yards Introduction to elementary backstroke Introduction to streamline: back glides	Streamline on back with flutter kick—10 yards Elementary backstroke - 15 yards Introduction to backstroke Coordinating backstroke - 10 yards	SWIM ON BACK Elementary backstroke - 25 yards Backstroke - 25 yards	breaststroke Introduction to flip turn: freestyle SWIM ON BACK Backstroke - 50 yards Elementary Backstroke - 50 yards Introduction to open turn:	yards SWIM ON BACK Backstroke 100 yards with fli turn
SELF-RESCUE SKILLS	- Flutter kick with board on back - 10 yards Introduction to elementary backstroke Introduction to streamline:	Streamline on back with flutter kick—10 yards Elementary backstroke - 15 yards Introduction to backstroke Coordinating backstroke - 10	SWIM ON BACK Elementary backstroke - 25 yards Backstroke - 25 yards Streamline into backstroke	breaststroke Introduction to flip turn: freestyle SWIM ON BACK Backstroke - 50 yards Elementary Backstroke - 50 yards Introduction to open turn: backstroke	yards SWIM ON BACK Backstroke 100 yards with fli turn
Flutter kick with board on back 5 yards ntroduction to sculling on back ntroduction to finning on back	- Flutter kick with board on back - 10 yards Introduction to elementary backstroke Introduction to streamline: back glides	Streamline on back with flutter kick—10 yards Elementary backstroke - 15 yards Introduction to backstroke Coordinating backstroke - 10 yards	SWIM ON BACK Elementary backstroke - 25 yards Backstroke - 25 yards Streamline into backstroke	breaststroke Introduction to flip turn: freestyle SWIM ON BACK Backstroke - 50 yards Elementary Backstroke - 50 yards Introduction to open turn: backstroke	yards SWIM ON BACK Backstroke 100 yards with fli turn SURVIVAL SKILLS & JUNIOR LIFEGUARDING
SELF-RESCUE SKILLS Jump into shallow water (shoulder height) without aid,	Flutter kick with board on back - 10 yards Introduction to elementary backstroke Introduction to streamline: back glides SURVIVAL SKILLS Jump into deep water, recover,	Streamline on back with flutter kick—10 yards Elementary backstroke - 15 yards Introduction to backstroke Coordinating backstroke - 10 yards SURVIVAL SKILLS Survival float - 30 seconds	SWIM ON BACK Elementary backstroke - 25 yards Backstroke - 25 yards Streamline into backstroke SURVIVAL SKILLS & JUNIOR LIFEGUARDING	breaststroke Introduction to flip turn: freestyle SWIM ON BACK Backstroke - 50 yards Elementary Backstroke - 50 yards Introduction to open turn: backstroke SURVIVAL SKILLS & JUNIOR LIFEGUARDING Tread water - 2 minutes	SWIM ON BACK Backstroke 100 yards with fli turn SURVIVAL SKILLS & JUNIOR LIFEGUARDING Tread water 2 minutes - no hands
SELF-RESCUE SKILLS Jump into shallow water (shoulder height) without aid, return to safety	Flutter kick with board on back - 10 yards Introduction to elementary backstroke Introduction to streamline: back glides SURVIVAL SKILLS Jump into deep water, recover,	Streamline on back with flutter kick—10 yards Elementary backstroke - 15 yards Introduction to backstroke Coordinating backstroke - 10 yards SURVIVAL SKILLS	SWIM ON BACK Elementary backstroke - 25 yards Backstroke - 25 yards Streamline into backstroke SURVIVAL SKILLS & JUNIOR LIFEGUARDING	breaststroke Introduction to flip turn: freestyle SWIM ON BACK Backstroke - 50 yards Elementary Backstroke - 50 yards Introduction to open turn: backstroke SURVIVAL SKILLS & JUNIOR LIFEGUARDING Tread water - 2 minutes Junior lifeguarding: water entries and swimming with a	SWIM ON BACK Backstroke 100 yards with fli turn SURVIVAL SKILLS & JUNIOR LIFEGUARDING Tread water 2 minutes - no
SELF-RESCUE SKILLS Jump into shallow water (shoulder height) without aid, return to safety Swim in deep water - assisted	Flutter kick with board on back - 10 yards Introduction to elementary backstroke Introduction to streamline: back glides SURVIVAL SKILLS Jump into deep water, recover, swim to safety, exit pool Survival float - 5 times	Streamline on back with flutter kick—10 yards Elementary backstroke - 15 yards Introduction to backstroke Coordinating backstroke - 10 yards SURVIVAL SKILLS Survival float - 30 seconds Treading water: coordinating arm and leg movements in	SWIM ON BACK Elementary backstroke - 25 yards Backstroke - 25 yards Streamline into backstroke SURVIVAL SKILLS & JUNIOR LIFEGUARDING Survival float - 1 minute	breaststroke Introduction to flip turn: freestyle SWIM ON BACK Backstroke - 50 yards Elementary Backstroke - 50 yards Introduction to open turn: backstroke SURVIVAL SKILLS & JUNIOR LIFEGUARDING Tread water - 2 minutes Junior lifeguarding: water	SWIM ON BACK Backstroke 100 yards with fli turn SURVIVAL SKILLS & JUNIOR LIFEGUARDING Tread water 2 minutes - no hands Junior lifeguarding: rescues a
SELF-RESCUE SKILLS Jump into shallow water (shoulder height) without aid, return to safety Swim in deep water - assisted Jump into shallow water, recover, swim to safety, exit	Flutter kick with board on back - 10 yards Introduction to elementary backstroke Introduction to streamline: back glides SURVIVAL SKILLS Jump into deep water, recover, swim to safety, exit pool Survival float - 5 times Introduction to treading water - arm movements: finning,	Streamline on back with flutter kick—10 yards Elementary backstroke - 15 yards Introduction to backstroke Coordinating backstroke - 10 yards SURVIVAL SKILLS Survival float - 30 seconds Treading water: coordinating arm and leg movements in	SWIM ON BACK Elementary backstroke - 25 yards Backstroke - 25 yards Streamline into backstroke SURVIVAL SKILLS & JUNIOR LIFEGUARDING Survival float - 1 minute	breaststroke Introduction to flip turn: freestyle SWIM ON BACK Backstroke - 50 yards Elementary Backstroke - 50 yards Introduction to open turn: backstroke SURVIVAL SKILLS & JUNIOR LIFEGUARDING Tread water - 2 minutes Junior lifeguarding: water entries and swimming with a	SWIM ON BACK Backstroke 100 yards with fli turn SURVIVAL SKILLS & JUNIOR LIFEGUARDING Tread water 2 minutes - no hands Junior lifeguarding: rescues a
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SELF-RESCUE SKILLS Jump into shallow water (shoulder height) without aid, return to safety Swim in deep water - assisted Jump into shallow water, recover, swim to safety, exit pool - assisted Jump to instructor in deep water, recover, swim to safety, with to safety, water, recover, swim to safety, exit pool - assisted	Flutter kick with board on back - 10 yards Introduction to elementary backstroke Introduction to streamline: back glides SURVIVAL SKILLS Jump into deep water, recover, swim to safety, exit pool Survival float - 5 times Introduction to treading water - arm movements: finning, sculling Introduction to treading water - leg movements: scissor kick, frog kick Putting it together: treading	Streamline on back with flutter kick—10 yards Elementary backstroke - 15 yards Introduction to backstroke Coordinating backstroke - 10 yards SURVIVAL SKILLS Survival float - 30 seconds Treading water: coordinating arm and leg movements in shallow water - 30 seconds	SWIM ON BACK Elementary backstroke - 25 yards Backstroke - 25 yards Streamline into backstroke SURVIVAL SKILLS & JUNIOR LIFEGUARDING Survival float - 1 minute Tread water - 1 minute Junior lifeguarding: simple, reaching, & throwing assists DIVING Seated dive Kneeling dive	breaststroke Introduction to flip turn: freestyle SWIM ON BACK Backstroke - 50 yards Elementary Backstroke - 50 yards Introduction to open turn: backstroke SURVIVAL SKILLS & JUNIOR LIFEGUARDING Tread water - 2 minutes Junior lifeguarding: water entries and swimming with a guard tubes Feet first surface dive Head first surface dives: tuck and pike DIVING Standing dive	SWIM ON BACK Backstroke 100 yards with fliturn SURVIVAL SKILLS & JUNIOR LIFEGUARDING Tread water 2 minutes - no hands Junior lifeguarding: rescues a or near the surface Surface dive and recover 10 L weight from deep end DIVING Race starts
Flutter kick with board on back 5 yards Introduction to sculling on back Introduction to finning on back Introduction to finning on back Introduction to finning on back SELF-RESCUE SKILLS Jump into shallow water (shoulder height) without aid, return to safety Swim in deep water - assisted Jump into shallow water, recover, swim to safety, exit pool - assisted Jump to instructor in deep water, recover, swim to safety, with to safety, with to safety, recover, swim to safety, water, recover, swim to safety, water water, recover, swim to safety, water wa	Flutter kick with board on back - 10 yards Introduction to elementary backstroke Introduction to streamline: back glides SURVIVAL SKILLS Jump into deep water, recover, swim to safety, exit pool Survival float - 5 times Introduction to treading water - arm movements: finning, sculling Introduction to treading water - leg movements: scissor kick, frog kick Putting it together: treading	Streamline on back with flutter kick—10 yards Elementary backstroke - 15 yards Introduction to backstroke Coordinating backstroke - 10 yards SURVIVAL SKILLS Survival float - 30 seconds Treading water: coordinating arm and leg movements in shallow water - 30 seconds	SWIM ON BACK Elementary backstroke - 25 yards Backstroke - 25 yards Streamline into backstroke SURVIVAL SKILLS & JUNIOR LIFEGUARDING Survival float - 1 minute Tread water - 1 minute Junior lifeguarding: simple, reaching, & throwing assists DIVING Seated dive Kneeling dive	breaststroke Introduction to flip turn: freestyle SWIM ON BACK Backstroke - 50 yards Elementary Backstroke - 50 yards Introduction to open turn: backstroke SURVIVAL SKILLS & JUNIOR LIFEGUARDING Tread water - 2 minutes Junior lifeguarding: water entries and swimming with a guard tubes Feet first surface dive Head first surface dives: tuck and pike DIVING Standing dive	SWIM ON BACK Backstroke 100 yards with fliturn SURVIVAL SKILLS & JUNIOR LIFEGUARDING Tread water 2 minutes - no hands Junior lifeguarding: rescues a or near the surface Surface dive and recover 10 l weight from deep end DIVING Race starts
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