

SWIM LESSON PROGRAM: SKILLS EVALUATION

PARENT-CHILD: INFANT	PARENT-CHILD: TODDLER
AGES: 6 - 18 MONTHS Parent-Child Parent provides support to help child complete skills.	AGES: 18 MONTHS - 3 YEARS Parent-Child Parent provides support to help child complete skills.
WATER ENTRY/EXIT	WATER ENTRY/EXIT
Safe water entry: 0-depth, elevated position	Safe water entry: 0-depth, stairs, 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
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	SELF-RESCUE SKILLS
	Jump to parent and swim to safety
WATER SAFETY	WATER SAFETY
Pass child from parent to instructor	Pass child from parent to instructor
Life jacket safety	Life jacket safety
Water safety	Water safety

PRESCHOOL 1 SWIM BASICS AGES: 3-5 YRS	PRESCHOOL 2 SWIM FUNDAMENTALS 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	WATER ENTRY/EXIT
Safe water entry: 0-depth, stairs, elevated position	
Safe water exit: 0-depth, stairs, wall	
WATER EXPLORATION	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 - 3 seconds	3 bobs
Face in water and blow bubbles - 3 seconds	Face in water to ears and hold breath 3 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 - 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 stick/board
Swimmer hands	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 safety, exit pool—assisted	Jump to instructor in shallow water, 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
Water safety	Water safety

