

SWIM LESSON PROGRAM: SKILLS EVALUATION

INFANT AGES: 6 - 18 MONTHS Parent-Child Parent provides support to help child complete skills.		TODDLER 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 Skills performed with support from instructor or assisted using kick stick or kick board.		PRESCHOOL 2 SWIM FUNDAMENTALS AGES: 3-5 YRS 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	

SWIM LESSON PROGRAM: SKILLS EVALUATION

LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5	LEVEL 6
AGES: 5 YRS & OLDER Exception: passed preschool 2 Skills performed independently	AGES: 5 YRS & OLDER Skills performed independently	AGES: 5 YRS & OLDER Skills performed independently	AGES: 5 YRS & OLDER Skills performed independently	AGES: 5 YRS & OLDER Skills performed independently	AGES: 5 YRS & OLDER Skills performed independently
BREATH CONTROL	BREATH CONTROL	BREATH CONTROL	BREATH CONTROL	BREATH CONTROL	
Submerge and hold breath for 5 seconds	10 bobs	15 bobs	Bobbing from deep to shallow water	Retrieve object from deepest end of pool	
5 bobs	Open eyes underwater, retrieve object from bottom of pool	Bobbing with forward motion—15 yards	Advanced rotary breathing - in coordination with freestyle - 25 yards		
Open 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 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 yards	Introduction to butterfly
			Coordinating sidestroke - 25 yards	Introduction to open turn: breaststroke	Coordinating butterfly - 25 yards
				Introduction to flip turn: freestyle	
SWIM ON BACK	SWIM ON BACK	SWIM ON BACK	SWIM ON BACK	SWIM ON BACK	SWIM ON BACK
Flutter kick with board on back - 5 yards	Flutter kick with board on back - 10 yards	Streamline on back with flutter kick—10 yards	Elementary backstroke - 25 yards	Backstroke - 50 yards	Backstroke 100 yards with flip turn
Introduction to sculling on back	Introduction to elementary backstroke	Elementary backstroke - 15 yards	Backstroke - 25 yards	Elementary Backstroke - 50 yards	
Introduction to finning on back	Introduction to streamline: back glides	Introduction to backstroke	Streamline into backstroke	Introduction to open turn: backstroke	
		Coordinating backstroke - 10 yards			
SELF-RESCUE SKILLS	SURVIVAL SKILLS	SURVIVAL SKILLS	SURVIVAL SKILLS & JUNIOR LIFEGUARDING	SURVIVAL SKILLS & JUNIOR LIFEGUARDING	SURVIVAL SKILLS & JUNIOR LIFEGUARDING
Jump into shallow water (shoulder height) without aid, return to safety	Jump into deep water, recover, swim to safety, exit pool	Survival float - 30 seconds	Survival float - 1 minute	Tread water - 2 minutes	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, recover, swim 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 LB weight from deep end
Jump to instructor in deep water, recover, swim to safety, exit pool - assisted	Introduction to treading water - leg movements: scissor kick, frog kick			Head first surface dives: tuck and pike	
	Putting it together: treading water				
			DIVING	DIVING	DIVING
			Seated dive	Standing dive	Race starts
			Kneeling dive	Jump or dive off diving board	
			Jump off diving board		
					ADVANCED SWIM SKILLS
					Circle swimming
					Individual medley
					Relays
					What's next: swimming for exercise, swim/dive team, lifeguarding
WATER SAFETY	WATER SAFETY	WATER SAFETY	WATER SAFETY	WATER SAFETY	WATER SAFETY
Life jacket safety	Life jacket safety	Life jacket safety	Life jacket safety	Life jacket safety	Life jacket safety
Water safety	Water safety	Water safety	Water safety	Water safety	Water safety