**Program Overview**

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<th>SWIM STARTERS</th>
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<th>SWIM STROKES</th>
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<td><strong>A</strong> Water Discovery</td>
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<td>Introduces infants and toddlers to the aquatic environment</td>
<td>Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance</td>
<td>Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke</td>
<td><strong>Leadership</strong></td>
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<td><strong>B</strong> Water Exploration</td>
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<td>Focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatic skills</td>
<td>Encourages forward movement in water and basic self-rescue skills performed independently</td>
<td>Introduces breaststroke and butterfly and reinforces water safety through treading water and sidestroke</td>
<td><strong>SPECIALIZED TRACKS</strong></td>
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<td><strong>C</strong> Water Discovery</td>
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<td>Develops intermediate self-rescue skills performed at longer distances than in previous stages</td>
<td>Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle</td>
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<td>Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.</td>
<td>Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills: - Swim, float, swim—sequencing front glide, roll, back float, roll, front glide, and exit - Jump, push, turn, grab</td>
<td>Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.</td>
<td>Students build confidence, cultivate their passion, and stay active through specialized tracks.</td>
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*We define parent broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, guardians, stepparents, grandparents, or any other type of parenting relationship.*
Stages of Learning

**SWIM STARTERS**
Parent & child lessons

- **A** Water Discovery
  - Blow bubbles on surface, assisted
  - Front tow chin in water, assisted
  - Water exit parent & child together
  - Water entry parent & child together
  - Back float assisted, head on shoulder
  - Roll assisted
  - Front float chin in water, assisted
  - Back tow assisted, head on shoulder
  - Wall grab assisted

- **B** Water Exploration
  - Blow bubbles mouth & nose submerged, assisted
  - Front tow blow bubbles, assisted
  - Water exit assisted
  - Water entry assisted
  - Back float assisted, head on chest
  - Roll assisted
  - Front float blow bubbles, assisted
  - Back tow assisted, head on chest
  - Monkey crawl assisted, on edge, 5 ft.

**SWIM BASICS**
Recommended skills for all to have around water

- **1** Water Acclimation
  - Submerge bob independently
  - Front glide assisted, to wall, 5 ft.
  - Water exit independently
  - Jump, push, turn, grab assisted
  - Back float assisted, 10 secs., recover independently
  - Roll assisted
  - Front float 20 secs. (10 secs. preschool)
  - Back glide 10 ft. (5 ft. preschool)
  - Tread water 10 secs., near wall, & exit
  - Swim, float, swim 5 yd.

- **2** Water Movement
  - Submerge look at object on bottom
  - Front glide 10 ft. (5 ft. preschool)
  - Water exit independently
  - Jump, push, turn, grab
  - Back float
  - Roll
  - Front float 20 secs. (10 secs. preschool)
  - Back glide 10 ft. (5 ft. preschool)
  - Tread water 10 secs., near wall, & exit
  - Swim, float, swim 5 yd.

- **3** Water Stamina
  - Submerge retrieve object in chest-deep water
  - Swim on front 15 yd. (10 yd. preschool)
  - Water exit independently
  - Jump, swim, turn, swim, grab 10 yd.
  - Swim on back 15 yd. (10 yd. preschool)
  - Roll
  - Tread water 1 min. & exit (30 secs. preschool)
  - Swim, float, swim 25 yd. (15 yd. preschool)

- **4** Stroke Introduction
  - Endurance any stroke or combination of strokes, 25 yd.
  - Swim on front rotary breathing, 15 yd.
  - Back glide 10 yd.
  - Dive
  - Resting stroke elementary backstroke, 15 yd.
  - Tread water scissor & whip kick, 1 min.
  - Breaststroke kick, 15 yd.
  - Butterfly kick, 15 yd.

- **5** Stroke Development
  - Endurance any stroke or combination of strokes, 50 yd.
  - Front crawl bent-arm recovery, 25 yd.
  - Back crawl pull, 25 yd.
  - Dive
  - Resting stroke sidestroke, 25 yd.
  - Breaststroke kick, 15 yd.
  - Butterfly

- **6** Stroke Mechanics
  - Endurance any stroke or combination of strokes, 150 yd.
  - Front crawl flip turn, 50 yd.
  - Back crawl pull & flip turn, 50 yd.
  - Dive standing
  - Resting stroke elementary backstroke or sidestroke, 50 yd.
  - Tread water retrieve object off bottom, tread 1 min.
  - Breaststroke
  - Butterfly simultaneous arm action & kick, 15 yd.
  - Butterfly 25 yd.

**PATHWAYS**
Specialized tracks

- **Competition**
- **Leadership**
- **Recreation**

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Stages of Learning

- **Infant & Toddler** 6 mos.–3 yrs.
  - Stages A–B
- **Preschool** 3–5 yrs.
  - Stages 1–4
- **School Age** 6–13 yrs.
  - Stages 1–6
- **Teen & Adult** 14+ yrs.
  - Stages 1–6

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