



Station 1: Water Comfort

Introduction to the water environment. The main focus is water comfort, learning in a group setting, trusting instructors, and developing a respect for the water. Introduces basic self-rescue skills.



Objectives: Exploring body positions; Blowing bubbles beneath the surface of the water. Breath, hold and release 10 seconds; Independent underwater submersion; Introduction to kicking & scooping; Fundamental safety & aquatic skills

Skills to Learn:

Water entry/exit (sliding-in/stairs, assisted)	Listening to directions (being safe)
Monkey crawl "Spiderman" (15 feet)	Know 2 pool rules (no running, no pushing)
Blowing bubbles (on surface, and w/mouth & nose submerged, both assisted)	Wall grab (assisted)
Front float & tow (chin in water, assisted) and front float/tow blowing bubbles	Beginner splashing (water play)
Back tow (head on shoulder, assisted)	Jumping (up and down off bottom, 5x)
Back float (head on shoulder, assisted)	Use PFD (noodle or kick board)
Roll over (from front to back & front again, assisted)	Submerging (mouth, nose & eyes)
Kicking on wall (alt. legs, 20 secs)	Reaching & pulling "scooping" (assisted)

Advancement goals:

1. Enter independently, using either the ladder, steps or side, travel at least 15 feet, bob 3 times (without plugging nose) and then safely return and exit the water (Participants can walk, move along the gutter or "swim").
2. Blow bubbles (mouth & nose) 10 seconds while wall kicking.



Station 2: Floating and Kicking

Swimmers are comfortable in the water, are able to listen and learn in a group setting. Station increases comfort with underwater exploration & ability to self-rescue without assistance. The emphasis is in developing independence in the water, directional change, with fundamentals of floating & kicking being introduced encouraging forward movement.



Objectives: Kicking with assistance; Glide off wall “Superman” and recover 10 seconds; Independent back float; Learn side glide and sculling

Skills to Learn:

Entry or Jumping in/exiting (unassisted)	Blow bubbles and wall kick 10 seconds (face submerged, independently)
Submerge (bob independently, 10 times)	Review pool rules (know 3)
Front float/glide “Superman” from push (assisted, 5 secs/feet)	Know ways to get help
Kicking on front 10 feet (assisted, alt. & simultaneous leg action)	Monkey “Spiderman” along wall 12.5yds
Back float/glide from push (assisted, 5 secs/feet)	Wall kicking with continuous breathing
Kicking on back 10 feet (assisted, alt. & simultaneous leg action)	Simultaneous arms “breaststroke” (assisted, pulling forward 10 feet)
Scooping with arms “dog paddle” (assisted, alt arm action moving forwards)	Hold breath 3 secs “Tea Party” underwater

Advancement goal:

1. Superman” glide 10 seconds from push off blowing bubbles and recover
2. Jump (without plugging nose), push, turn, and grab with assistance
3. Swim, float, swim sequence with assistance 10 feet
4. Tread water 10 seconds, near wall, and exit



Station 3: Kicking and Independence

Swimmers are comfortable floating independently and develop intermediate self-rescue skills.



Objectives:

Independent streamline kick 10 seconds; Independent back kick with scull 10 seconds; Independent front scoops for 10 feet; Initiate wall start and streamline kick; Sitting dive into streamline glide

Skills to Learn:

Streamline jump off bottom of shallow end "Rocket launchers" (10 times)	Fully submerge & hold breathe (5 secs)
Front/back float/glide (unassisted, 20 secs)	Wall start into front glide "Superman"
Front/back kick (unassisted, 15 feet)	Wall start with kick board (12.5 yards)
Roll from front to back & back to front (unassisted)	Superman kick (15 feet)
Finning arm action on back "sculling" (15 yards)	Wall start position
Wall start into dogpaddle "scooping" (unassisted, alt. arms moving forwards)	Wall start into streamline glide
Kicking with a board, face down, rotating head to side breath (6 kicks-1pull)	Back crawl (10 feet)
Seated dive in shallow end & level off (learn diving rules)	Jump in deep end with PFD and recover
Retrieve objects (rings) in shallow end (Using simultaneous arm action pulling down)	Tread water (30 secs)

Advancement goal:

1. Jump into deep water from the side, return to vertical and maintain position by treading or floating for 30 seconds, exit
2. Wall start into streamlined flutter kick for 15 feet
3. Tread water 1 minute, near wall, and exit Swim, float.



Station 4: Freestyle Basics and Kick

Introduces basic stroke technique in front crawl and back crawl, and reinforces water safety through treading water and elementary backstroke. Swimmers will continue to develop their kicking skills and learn the basics of swimming with their faces in the water.



Objectives: Independent scoops for 25 feet; Introduction to rotary breathing; Introduction to Backstroke; Wall start, pushing down underwater into (3) streamlined dolphin kicks to surface

Skills to Learn:

<p>Side glide (20 feet) Back start into streamline glide (10 secs)</p>	15 bobs/rocket launchers (streamlined)
<p>Back streamlined kick and Elementary Backstroke (15 feet)</p>	Wall start, push down underwater and streamline flutter kick to surface
Back start into Backstroke (12.5 yards)	Tuck float "turtle" (10 secs)
Tread water (2 mins)	Change direction of travel (back or front)
Jump in deep end, pencil, recover	Scooter with kickboard (arms recover over water, 15 feet)
Flutter kick with board (25 yards)	Front crawl (no breathing, 3 strokes)
<p>Kneeling dive (review diving rules)</p>	Dolphin kick with board (15ft)
<p>Wall start into Freestyle (rotary breathing, 12.5 yards)</p>	Wall start, push down underwater, streamline, and perform 3 dolphin kicks
Perform summersault/initiate flip turns	

Advancement goal:

1. Perform a feet-first entry into deep water, swim front crawl for 15 yards, maintain position by treading or floating for 30 seconds and swim back elementary backstroke for 15 yards.
2. Side kick 20 feet with flutter kick (both side).
3. Swim any combination of strokes (25 yards).



Stations 5: Freestyle Breathing and Backstroke

Swimmers will continue to expand on their skill set of Freestyle by learning rotary breathing, proper arm pulls, and timing of the breath, as well as be introduced to basic Backstroke.



Objectives: Freestyle-arms and breathing basics; Swim 50 yards any combination of stroke; Learn advanced Backstroke techniques; Perform forward flip turn; Shallow dive (racing start)

Skills to Learn:

Tread water (5 mins)	Stride dive (compact position)
Streamline dolphin kick (underwater, 10 secs)	Wall start, tight streamline, 3 powerful dolphin kicks and 3 crawl strokes
Elementary back (25 yards)	Back kick (25yds)
Surface dive 6 feet for objects (pull down with simultaneous arms)	Dolphin kick with board (12.5 yards)
Survival float "jellyfish" (5 mins)	Sculling on front and back
Side kick (both sides, 25yds)	Back start, tight streamline, 3 powerful dolphin kicks and 3 crawl strokes
Front crawl (Freestyle, 25yds)	Back crawl (backstroke, 25yds)
Standing shallow dive	Mid-pool Freestyle w/open wall turn

Advancement Goal:

1. Perform a shallow dive, streamline dolphin kick (3x) breaking out swimming Freestyle with long powerful strokes, bilateral breathing while kicking fast 25yds
2. Perform Backstroke start, breaking out Backstroke swimming 25 yards
3. From a wall start complete 50 yards with any combination of stroke.