

PARENT & CHILD

A

Water Discovery



Student not yet able to respond to verbal cues and jump on land.

B

Water Exploration



Student not yet comfortable working with an instructor without a parent in the water.

SWIM STARTERS

Swim readiness skills

PRESCHOOL

1

Water Acclimation



Student not yet able to go underwater voluntarily.

2

Water Movement



Student not yet able to do a front and back float on his or her own.

3

Water Stamina



Student not yet able to swim 10–15 yards on his or her front and back.

4

Stroke Introduction



Student not yet able to swim 15 yards of front and back crawl.

5

Stroke Development



Student not yet able to swim front crawl, back crawl, and breaststroke across the pool.

6

Stroke Mechanics



Student not yet able to swim front crawl, back crawl, and breaststroke across the pool and back.