

### 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.

### 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.

### SWIM BASICS

Recommended skills for all to have around water

### SWIM STROKES