

PARENT & CHILD

PRESCHOOL

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.

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 STARTERS

Swim readiness skills

SWIM BASICS

Recommended skills for all to have around water

SWIM STROKES

Skills to support a healthy lifestyle