



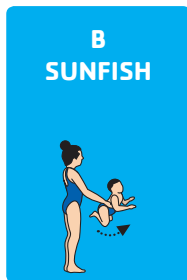
FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# PROGRAM OVERVIEW

## AGE: 6 MONTHS–5 YEARS

### SWIM STARTERS

Parent\* & child lessons



Introduces infants and toddlers to the aquatic environment

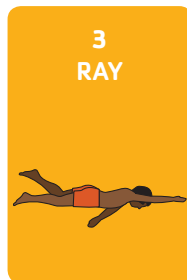
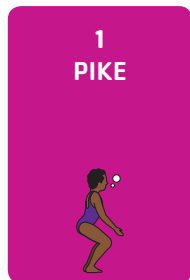
Focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatic skills

#### Outcomes

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.

### SWIM BASICS

Recommended skills for all to have around water



Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance

Encourages forward movement in water and basic self-rescue skills performed independently

Develops intermediate stroke technique in front and back crawl at longer distances than in previous stages

#### Outcomes

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

### SWIM STROKES

Skills to support a healthy lifestyle



Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and endurance

#### Outcomes

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.

### PATHWAYS

Specialized tracks

#### Competition



#### Leadership



#### Recreation



#### Outcomes

Students build confidence, cultivate their passion, and stay active through specialized tracks.

\*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



6 months–3 years  
**PARENT\* & CHILD:**  
**LEVELS A–B**



3 years–5 years  
**PRESCHOOL:**  
**LEVELS 1–4**

## SWIM STARTERS

Parent & child lessons

### A PARENT/ CHILD

**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 SUNFISH

**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 PIKE

**Submerge**  
bob independently

**Front glide**  
assisted, to wall,  
15 ft.

**Water exit**  
independently

**Jump, push,  
turn, grab**  
assisted

**Back float**  
assisted,  
30 secs., recover  
independently

**Roll**  
assisted

**Front float**  
assisted,  
30 secs., recover  
independently

**Back glide**  
assisted, at wall,  
15 ft.

**Swim, float,  
swim**  
assisted, 10 ft.

### 2 EEL

**Submerge**  
look at object on  
bottom

**Front glide**  
20 ft. (with belt)

**Water exit**  
independently

**Jump, push,  
turn, grab**  
independently

**Back float**  
30 secs.

**Roll**

**Front float**  
30 secs.

**Back glide**  
20 ft. (with belt)

**Tread water**  
10 secs., near  
wall, & exit

**Swim, float, swim**  
20 ft. (with belt)

### 3 RAY

**Submerge**  
retrieve object in  
chest-deep water

**Swim on front**  
15 yd. (with  
rhythmic  
breathing)

**Jump, swim,  
turn, swim, grab**  
15 yd.

**Swim on back**  
15 yd.

**Roll**

**Tread water**  
30 secs. and exit  
water

**Swim, float,  
swim**  
15 yd.

**Dive**  
sitting

**Resting stroke**  
elementary  
backstroke,  
15 yd.

## SWIM STROKES

Skills to support a healthy lifestyle

### 4 STARFISH

**Endurance**  
any stroke or  
combination of  
strokes, 25 yd.

**Front crawl**  
side breathing,  
20 yd.

**Back crawl**  
20 yd.

**Dive**  
standing

**Resting stroke**  
elementary  
backstroke,  
25 yd.

**Tread water**  
scissor & whip  
kick, 30 sec.

**Breaststroke**  
beginning

## PATHWAYS

Specialized tracks

### Competition



### Leadership



### Recreation

