



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PROGRAM OVERVIEW

AGE: 6–13 YEARS

SWIM STARTERS

Parent* & child lessons

Swim Starters is parent and child lessons for ages 3 and under. There are no parent and child lessons for school age children.

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



Focuses on body position and forward movement with limited instructor support



Builds endurance with no instructor support and introduces side breathing and treading water

Outcomes

Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

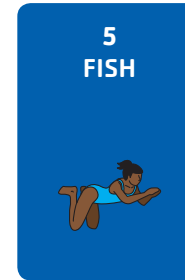
- Swim, float, swim—sequencing front glide, roll, back float, roll, front glide, and exit
- Jump, push, turn, grab

SWIM STROKES

Skills to support a healthy lifestyle



Develops stroke technique for front and back crawl and introduces breaststroke



Develops all competitive strokes and builds longer endurance. Swimmer can swim 100 yard with confidence



Refines stroke technique and increases endurance as part of a healthy lifestyle. Swimmers can swim over 100 yards of each stroke

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.

STAGES OF LEARNING



6 years–13 years
SCHOOL AGE:
LEVELS 1–6

SWIM STARTERS

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SWIM BASICS

Recommended skills for all to have around water

1 POLLIWOG

Submerge
bob independently

Front glide
assisted, to wall,
15 ft.

Water exit
independently

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

Back float
30 secs., assisted

Roll
assisted

Front float
assisted,
30 secs., recover
independently

Back glide
assisted, at wall,
15 ft.

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

2 ADVANCED POLLIWOG

Submerge
look at object on
bottom

Front glide
20 ft.

Water exit
independently

**Jump, push,
turn, grab**

Back float
30 secs.

Roll

Front float
30 secs.

Back glide
20 ft.

Tread water
30 secs.

Swim, float, swim
25 yd.

3 GUPPY

Submerge
retrieve object in
chest-deep water

Swim on front
25 yd. with side
breathing

Water exit
independently

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

Swim on back
25 yd.

Tread water
1 min. & exit

**Swim, float,
swim**
25 yd.

Dive
standing

Resting stroke
elementary
backstroke,
25 yd.

SWIM STROKES

Skills to support a healthy lifestyle

4 MINNOW

Endurance
any stroke or
combination of
strokes, 50 yd.

Front crawl
rotary breathing,
50 yd.

Back crawl
50 yd.

Dive
standing

Resting stroke
elementary
backstroke,
50 yd.

Tread water
scissor & whip
kick, 2 min.

Breaststroke
25 yd.

Bob to safety
25 yd.

5 FISH

Endurance
any stroke or
combination of
strokes, 100 yd.

Front crawl
bent-arm
recovery,
50 yd.

Back crawl
pull, 50 yd.

Dive
standing, from
block

Resting stroke
sidestroke,
50 yd.

Tread water
scissor & whip
kick, 2 mins.

Breaststroke
50 yd.

Butterfly
simultaneous arm
action & kick,
25 yd.

6 FLYING FISH

Endurance
any stroke or
combination of
strokes, 150 yd.

Front crawl
flip turn,
100 yd.

Back crawl
pull & flip turn,
100 yd.

Dive
standing, from
block

Resting stroke
elementary
backstroke or
sidestroke,
100 yd.

Tread water
retrieve object
off bottom,
tread 10 min.

Breaststroke
open turn,
100 yd.

Butterfly
25 yd.

PATHWAYS

Specialized tracks

