### 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.

#### SWIM BASICS

**Recommended skills for all to have around water**

<table>
<thead>
<tr>
<th>Level</th>
<th>Outcomes</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>1 POLLIWOG</strong></td>
<td>Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance</td>
</tr>
<tr>
<td><strong>2 ADVANCED POLLIWOG</strong></td>
<td>Focuses on body position and forward movement with limited instructor support</td>
</tr>
<tr>
<td><strong>3 GUPPY</strong></td>
<td>Builds endurance with no instructor support and introduces side breathing and treading water</td>
</tr>
</tbody>
</table>

#### SWIM STROKES

**Skills to support a healthy lifestyle**

<table>
<thead>
<tr>
<th>Level</th>
<th>Outcomes</th>
</tr>
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<tbody>
<tr>
<td><strong>4 MINNOW</strong></td>
<td>Develops stroke technique for front and back crawl and introduces breaststroke</td>
</tr>
<tr>
<td><strong>5 FISH</strong></td>
<td>Develops all competitive strokes and builds longer endurance. Swimmer can swim 100 yard with confidence</td>
</tr>
<tr>
<td><strong>6 FLYING FISH</strong></td>
<td>Refines stroke technique and increases endurance as part of a healthy lifestyle. Swimmers can swim over 100 yards of each stroke</td>
</tr>
</tbody>
</table>

#### PATHWAYS

- **Competition**
- **Leadership**
- **Recreation**

**Recreation**

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.

**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

**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.

**Outcomes**

Students build confidence, cultivate their passion, and stay active through specialized tracks.
### STAGES OF LEARNING

**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.

<table>
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<tr>
<th>SWIM STROKES</th>
<th>SWIM BASICS</th>
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<tr>
<td><strong>1 POLLIWOG</strong></td>
<td><em>Recommended skills for all to have around water</em></td>
<td><strong>Endurance</strong> any stroke or combination of strokes, 50 yd.</td>
</tr>
<tr>
<td><strong>2 ADVANCED POLLIWOG</strong></td>
<td>Submerge bob independently</td>
<td>Endurance any stroke or combination of strokes, 100 yd.</td>
</tr>
<tr>
<td><strong>3 GUPPY</strong></td>
<td>Submerge look at object on bottom</td>
<td>Front crawl bent-arm recovery, 50 yd.</td>
</tr>
<tr>
<td><strong>4 MINNOW</strong></td>
<td>Swim on front 25 yd. with side breathing</td>
<td>Back crawl pull, 50 yd.</td>
</tr>
<tr>
<td><strong>5 FISH</strong></td>
<td>Front glide 20 ft.</td>
<td>Dive standing</td>
</tr>
<tr>
<td><strong>6 FLYING FISH</strong></td>
<td>Water exit independently</td>
<td>Back crawl pull &amp; flip turn, 100 yd.</td>
</tr>
</tbody>
</table>

**ENDURANCE**
Any stroke or combination of strokes, 150 yd.

**COMPETITION**
Front crawl flip turn, 100 yd.

**LEADERSHIP**
Dive standing, from block

**RECREATION**
Resting stroke elementary backstroke or sidestroke, 100 yd.

**PATHWAYS**
Specialized tracks

**STAGES OF LEARNING**
6 years–13 years

**SCHOOL AGE:**
Levels 1–6

**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.

**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.

**GUPPY**
Submerge retrieve object in chest-deep water.  
Swim on front.  
Tread water 1 min. & exit.  
Swim, float, swim 25 yd.  
Dive standing.  
Resting stroke elementary backstroke, 25 yd.

**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.

**FISH**
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.

**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.