

PRESCHOOL SKILLS CHART

These classes are designed to build upon the skills introduced in previous levels.

In this class, students will continue to develop and practice key foundational swimming skills, including:

Preschool: Emerging	Preschool: Novice	Preschool: Proficient
Prerequisites:		
	<p>Does not have a fear and is able to put face in water in to enter this level.</p> <p>Completion of prior level or proficiency in its advancement skills.</p>	<p>Does not have a fear and is able to submerge head, blow bubbles, and float on back with support to enter this level.</p> <p>Completion of prior level or proficiency in its advancement skills.</p>
Entry, Exit, Kicking, and Breath Control		
<ul style="list-style-type: none"> ◊ Getting face in the water ◊ Face in water while blowing bubbles ◊ Develop proper kicking technique ◊ To do a standing jump to instructor or equipment 	<ul style="list-style-type: none"> ◊ Submerging head in the water ◊ Whole head in while blowing bubbles ◊ Develop proper alternating and simultaneous kicks ◊ To do a standing jump independently into chest deep water 	<ul style="list-style-type: none"> ◊ Getting head wet while jumping in ◊ Continue to develop breath control ◊ Develop proper kicking (alternating and simultaneous) technique, while locomoting on equipment or independently ◊ To do a standing jump independently
Front Floats, Glides, Roll front to back		
<ul style="list-style-type: none"> ◊ Develop comfort in a streamlined position with face in the water ◊ Develop basic foundation of “reach and pull” arms ◊ Develop basic foundation of “circle” arms 	<ul style="list-style-type: none"> ◊ Continue to develop comfort in a streamlined position with face in the water ◊ Continue to develop foundation of “reach and pull” arms ◊ Continue to develop foundation of “circle” arms 	<ul style="list-style-type: none"> ◊ Develop comfort in a streamlined position with face in the water ◊ Streamline body position with face in the water ◊ Develop basic coordination of “reach and pull” arms
Back Floats, Glides, Roll Back to front		
<ul style="list-style-type: none"> ◊ Develop comfort in a streamlined position with ears in the water ◊ Develop basic foundation of “circle” arms 	<ul style="list-style-type: none"> ◊ Develop comfort in a streamlined position with ears in the water ◊ Continue to develop foundation of “circle” arms 	<ul style="list-style-type: none"> ◊ Develop comfort in a streamlined position with ears in the water ◊ Develop basic coordination of “circle” arms ◊ Develop basic coordination of “alternating” arms
Advancement Skills Assessment: To move onto next group, student must be able to:		
<ul style="list-style-type: none"> ◊ Enter the pool independently, ladder or sit and slide is OK ◊ Put the face in water for minimum of 3 seconds ◊ Blow at least 5 bubbles with face in ◊ Locomote on front w/equipment and Instructor support , “reach and pull” arms and “circle arms” a min. of 5 yards ◊ Locomote on back w/equipment and Instructor Support with “reach and pull” arms - a min. Of 5 yards 	<ul style="list-style-type: none"> ◊ Put whole head in water, bobs with full head submersion - Min. of 5 ◊ Independently step/ jump into chest deep water ◊ Roll, w/ Instructor support, from front floating position to back and swim with “reach and pull” arms and alternating kick for 3 body lengths ◊ Locomote Front (“reach and pull” arms and “circle” arms) and back (“reach and pull arms only) with equipment and/or Instructor support for 3 body lengths ◊ Back and front floats, w/ assistance for at least 6-8 seconds 	<ul style="list-style-type: none"> ◊ Jump into shoulder depth water and float for 10 seconds, roll and swim to safety <p>The following should be for 5 yards and can be with equipment support</p> <ul style="list-style-type: none"> ◊ Locomote on Front alternating arms should include rudimentary rhythmic breathing, and supportive flutter kicking ◊ Locomote on Front with “reach and pull” arms and “circle” arms ◊ Locomote on Back with “reach and pull” arms and “circle” arms ◊ Back and front float for at least 10 seconds
Additional Goals to strive for:		
Submerge head	Submerge head while bobbing	Jump into deep water (at least 6 feet)
Open eyes underwater	Open eyes underwater and pick up rings	Swim to bottom of 3-4 feet to retrieve rings
	Jump into water over their head	

YOUTH SKILLS CHARTS

These classes are designed to build upon the skills introduced in previous levels.

In this class, students will continue to develop and practice key foundational swimming skills, including:

Emerging	Novice	Proficient	Distinguished
Prerequisites:			
	<p>To enter this level, there must be no fear to get in and students should be comfortable putting face in while blowing bubbles.</p> <p>Completion of prior level or proficiency in its advancement skills.</p>	<p>To enter this level, students must be able to enter, float, and travel independently for at least 3 body lengths.</p> <p>Completion of prior level or proficiency in its advancement skills.</p>	<p>Must be deep water safe to enter this level.</p> <p>Completion of prior level or proficiency in its advancement skills.</p>
Entry, Exit, Kicking, and Breath Control	Entry, Exit, Kicking, and Breath Control	Entry, Exit, Flutter and Whip Kicks, and Breath Control	Diving, Dolphin and Scissors Kicks, and Breath Control
<ul style="list-style-type: none"> ◊ Getting face in the water. Advancement Skill: entering by ladder or side, independently ◊ Face in water while blowing bubbles (whole head submersion encouraged) Advancement Skill: Put face in water, for min. of 3 seconds ◊ Develop proper kicking technique To do a standing jump 	<ul style="list-style-type: none"> ◊ Entering independently Advancement Skill: Step or jump into chest depth water independently ◊ Whole head in while blowing bubbles Advancement Skill: Submerge whole head and use rhythmic breathing to complete 10 bobs ◊ Continue to develop proper alternating and simultaneous kicks ◊ To do a standing jump independently 	<ul style="list-style-type: none"> ◊ Becoming deep water safe Advancement Skill: Jump into deep water and return to safety ◊ Continue to develop breath control Advancement Skill: Survival Float for 30 seconds ◊ Continue to develop proper alternating and simultaneous kicks while locomoting on own ◊ To do a standing jump independently 	<ul style="list-style-type: none"> ◊ Continue to develop rhythmic breathing Advancement Skill: Survival Float for 1 minute, with proficient breath control Advancement Skill: Perform a headfirst dive into 9+ ft. of water Additional Skills: <ul style="list-style-type: none"> • Treading with 3 kicks • Feet and head first surface dives
Front Floats, Glides, Roll front to back	Front Floats, Glides, Roll front to back	Front Floats, Glides, Arms of Front Crawl and Breaststroke	Streamline Front, Front Crawl, Breaststroke
<ul style="list-style-type: none"> ◊ Develop comfort in a streamlined position with face in the water ◊ Streamline body position with face in the water. Advancement Skill: Front glide w/support for 3 body lengths ◊ Develop basic foundation of front crawl arm pattern (alternating). Advancement Skill: 5 yds. Travel with alternating arms and propellant kick – with equipment support but no instructor support. ◊ Develop basic foundation of breaststroke arm pattern (circle arms). Advancement Skill: 5 yds. Travel on front with simultaneous arms and propellant kick - equipment support, No Instructor support 	<ul style="list-style-type: none"> ◊ Develop comfort in a streamlined position with face in the water Advancement Skill: Roll (assistance if needed) from front floating position to back floating position Streamline body position with face in the water Advancement Skill: Perform Front Float, unsupported, for 5-10 seconds Develop foundation of front crawl arm pattern (Alternating arms). Advancement Skill: Travel on Front w/ alternating arms and occasional bubble blowing w/out support - 3 body lengths Develop foundation of breaststroke arm pattern (circle arms). Advancement Skill: Travel on Front w/ simultaneous arms and occasional bubble blowing w/out support - 3 body lengths 	<ul style="list-style-type: none"> ◊ Develop comfort in a streamlined position with face in the water ◊ Develop foundation of front crawl arm pattern Advancement Skill: Travel on Front w/ alternating arms - include bubble blowing (head can come straight up), and supportive flutter kicking - 5 yds. ◊ Develop foundation of breaststroke arm pattern Advancement Skill: Travel on Front w/ simultaneous arms and legs - include bubble blowing (head can come straight up) 5 yds. Additional Skills: <ul style="list-style-type: none"> Advancement Skill: Putting it all together: Jump into deep water, tread or float for 30 seconds then swim on front for 15 yards 	<ul style="list-style-type: none"> ◊ Develop comfort in a streamlined position, independently, with face in the water ◊ Develop front crawl arms with rhythmic breathing in a pattern and kick Advancement Skill: Front Crawl, with alternating arms, rhythmic breathing, and a supporting flutter kick ◊ Develop breaststroke coordination arm pattern w/ rhythmic breathing and kick Advancement Skill: Breaststroke ,with simultaneous arms, rhythmic breathing, and supporting whip kick - 25 yards Additional Skills: Advancement Skill: Jump or dive into deep water and tread or float for 1 minute then swim on front for 25 yards (rolling over half way to finish on the back)
Back Floats, Glides, Roll Back to front	Back Floats & Glides, and arms for Elementary Backstroke & Front Crawl, Roll	Back Floats, Glides, Elementary Backstroke, Back Crawl arms	Streamline Back, Elementary Backstroke, and Back Crawl
<ul style="list-style-type: none"> ◊ Develop comfort in a streamlined position with ears in the water. Advancement Skill: Back glide w/support for 3 body lengths. ◊ Develop basic back positioning for swimming on the back ◊ Develop basic foundation of elementary backstroke arm pattern (circle arms). Advancement Skill: 5 yds. Travel on back with simultaneous arms and flutter kick – with equipment support, but no Instructor support 	<ul style="list-style-type: none"> ◊ Continue to develop comfort in a streamlined position with ears in the water Advancement Skill: Perform back Float, unsupported, for 5-10 seconds Roll (assistance if needed) from back floating position to front floating position ◊ Develop basic foundation of elementary backstroke arm pattern Advancement Skill: Travel on Back w/ simultaneous arms w/out support - 3 body lengths 	<ul style="list-style-type: none"> ◊ Continue to develop comfort in a streamlined position ◊ Develop Back Crawl arm (alternating arms). Advancement Skill: Back Float for 30 seconds Develop basic foundation of Elementary backstroke (simultaneous) arm pattern Advancement Skill: Travel on Back w/simultaneous arms and legs - 5 yds. Develop basic foundation of back crawl arm pattern Advancement Skill: Travel on Back w/alternating arms and legs - 5 yards 	<ul style="list-style-type: none"> ◊ Continue to develop comfort in a streamlined position ◊ Develop coordination of Elementary Backstroke Advancement Skill: Elementary Backstroke w/ simultaneous arms and a supporting whip kick - 25 yards Develop coordination of Back Crawl Advancement Skill: Back Crawl w/ alternating arms and a supportive flutter kick – 25 yds Additional Skills: <ul style="list-style-type: none"> Jump or dive off of diving board Swim to a depth of 10' to retrieve an object

		Additional Skills: Advancement Skill: Jump into deep water, tread or float for 30 seconds, then swim on back for 15 yards	
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Advancement Skills Assessment: To move onto next group, student must be able to:

To move into the Novice must be able to: Enter the pool independently, ladder or sit and slide is OK Put face in water, for 3 seconds Blow 5 bubbles w/ face in the water Front Glide, w/Support, for 3 body lengths Back Glide, w/support, for 3 body lengths Travel on front w/equipment, and No Instructor support, using alternating arms - for 5 yards Travel on front w/equipment, and No Instructor support, using simultaneous arms - for 5 yards Travel on back w/equipment, and No Instructor support, using simultaneous arms - for 5 yards	Independently step/ jump into chest deep water Submerge whole head and use rhythmic breathing to complete 10 bobs Roll (assistance if needed) from front floating position to back floating position Roll (assistance if needed) from back floating position to front floating position Travel on Front w/ alternating arms and occasional bubble blowing, w/out support - 3 body lengths Travel on Front w/ simultaneous arms and occasional bubble blowing w/out support - 3 body lengths Travel on back w/ simultaneous arms, without support - 3 body lengths Perform Front Float, unsupported, for 5-10 seconds Perform Back Float, unsupported, for 5-10 seconds	Travel on Front w/ alternating arms - include bubble blowing (head can come straight up), and supportive flutter kicking (rudimentary Front Crawl) 5 yds. Travel on Front w/ simultaneous arms and legs - include bubble blowing (head can come straight up (rudimentary Breaststroke) 5 yds. Travel on Back w/simultaneous arms and legs - (rudimentary Elementary Backstroke) 5 yds. Travel on Back w/alternating arms and legs (rudimentary Back Crawl) Front (survival) float in deep water for 30 seconds Back Float in deep water for 30 seconds	Perform a head first dive into 9+ ft. of water Survival Float for 1 minute, with proficient breath control Jump or dive into deep water and tread or float for 1 minute then swim on front for 25 yards (rolling over half way to finish on the back) The following should be for 25 yards: Front Crawl, w/alternating arms, rhythmic breathing, and a supporting flutter kick Breaststroke with simultaneous arms, rhythmic breathing, and supporting whip kick Elementary Backstroke with simultaneous arms and a supporting whip kick Back Crawl with alternating arms and a supportive flutter kick
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Additional Goals to strive for:

Submerge head Open eyes underwater	Open eyes underwater and pick up rings Jump into water over their head	Head First entries (at least 9 feet) Swim to bottom of 8 feet to retrieve rings	Jump or dive off of diving board Swim to the bottom of 10 feet to retrieve an object
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