

Group Lesson Skill Sets

Preschool

- Enters and exits pool on their own using steps or sides
- Trying to get the whole face wet
- Moves through the water with assistance to retrieves toys/gear
- Blowing mouth bubbles at surface and working to underwater bubbles
- Can follow directions when it is not their turn
- Willingly and comfortably does an assisted tummy (front) float
- Willingly and comfortably does an assisted back float with ears in the water
- Works on front (flutter) and back kicks assisted, slowly progressing to unassisted
- Introduction to arm stroke arms
- Jump into pool with and without support
- Safety Skills: Never swim alone, getting help

Level 1: Water Acclimation

- Blows bubbles
- Enters and exits pool safely
- Mouth bubbles for at least 5 seconds
- 5 head bobs
- Front float assisted to unassisted 10 seconds
- Back float assisted to unassisted 10 seconds
- Assisted to unassisted front and back glides
- Flutter and back kicks 2 body lengths assisted and progressing to unassisted
- Working on arm strokes
- Safety skills: Follows directions when waiting turn, point and shout for help, recognizing a lifeguard, look before leap

Level 2 Water Immersion

- Flutter and back kicks 5 yards assisted progressing to unassisted
- Streamline kicks: kicking with hands together in front of you
- Front and back glides
- Arm strokes- 5 yards. Working on improving arm strokes progressing to side breathing 5 solid breaths
- Introduction to back stroke progressing to 5 yards unassisted
- Safety skills: Sun safety, reach and grab don't go

Level 3 Intro to Water Movement:

- Side breathing performing 10 solid breaths
- Performing front and back crawl for 15 yards
- Front streamline kicks and back streamline kicks for 15 yards
- Introduction to dolphin kicks and treading water
- Elementary backstroke legs
- Breastroke arms and legs first then trying to combine the movement
- Safety Skills: look before you leap, reach grab, throw don't go, and reach assist

Level 4: Getting Our Move On

- Flutter and back kicks across the whole length of pool (25yards)
- Performing front and back crawl for 25 yards
- Front and back crawl for 25 yards
- Breastroke for 15 yards
- Back dolphin kicks
- Combining arms and legs of elementary backstroke
- Introduction to butterfly, open turns, flip turns
- Treading water for 30 seconds
- Safety skills: reach assist, look before you leap

Level 5: Going the Distance

- Front and back crawl for 50 yards
- Front and back streamline kicks 25 yards
- Elementary backstroke
- Introduction to sidestroke
- Open turns (freestyle, breastroke, and butterfly)
- Progressing in flip turns for front and back
- Treading water up to 2 min
- Front dolphin kicks 15 yards
- Trying to become proficient in back dolphin kicks
- Safety Skills: how to call for help, think before going swimming in cold water

Level 6: Squids prep

- Flutter and back kicks for 50 yards
- Front and back crawl for 100yards
- Continued introduction to sidestroke

- Butterfly 25 yards
- Breaststroke 25-50 yards
- Proper use of: fins, pull buoys, pace clock
- Apply knowledge: knowing yards and tracking times