

## SWIM STARTERS

Parent\* & child lessons

### A Water Discovery



Introduces infants and toddlers to the aquatic environment

### B Water Exploration



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 (Safety Around Water)

Recommended skills for all to have around water

### 1 Water Acclimation



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

### 2 Water Movement



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

### 3 Water Stamina



Develops intermediate self-rescue skills performed 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

### 4 Stroke Introduction



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

### 5 Stroke Development



Introduces breaststroke and butterfly and reinforces water safety through treading water and sidestroke

### 6 Stroke Mechanics



Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle

#### 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.