



Skills

Gear

Goal(s)

**Step 1:
Breathing
and bobs**

- Practice breathing (mouth & nose) on land
- Gradual water adaptation
- Chin-lips-nose-face-head submersion
- Opening eyes underwater with goggles
- Blowing bubbles (surface and face submerged)
- Bobbing (5 w/hands on side of pool, then 5 freestanding)

- Goggles
- Snorkel
- Nose plug
- Cap

10 relaxed bobs

**Step 2:
Front float,
glide and
kick**

- Review level 1
- Sculling while standing
- Supported front float
- Recovery: horizontal to vertical stance
- Unsupported front float
- Unsupported front float and glide
- Front glide and recovery
- Front flutter kick
- Front glide with kick and recovery

- Goggles
- Snorkel
- Nose plug
- Cap
- Fins

Front glide, kick and recovery – 15 feet

**Step 3:
Back float,
glide, kick**

- Review levels 1&2
- Back float
- Back float with recovery
- Back glide
- Back glide and recovery
- Back kick with kickboard
- Back glide with kick and recovery

- Goggles
- Snorkel
- Nose plug
- Kickboard
- Cap
- Fins

Back glide, kick and recovery – 15 feet

**Step 4:
Freestyle**

- Review previous levels
- Demonstrate arm cycle
- Practice arm cycle on dry land
- Standing in water arm cycle
- Front glide, kick, arm cycle and recovery
- Rollover

- Goggles
- Snorkel
- Nose plug
- Cap
- Fins

Swim 15 feet; roll over to breathe

**Step 5:
Freestyle
with
breathing**

- Review previous levels
- Practice bobs and air exchange
- Breathing in position (one arm wall hold)
- Single arm stroke with breath at the wall
- Freestyle with one breath and recovery
- Freestyle with additional breaths
- Stroke corrections

- Goggles
- Snorkel
- Nose plug
- Cap
- Fins

Breathing every stroke – 25 yards



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<p>Step 6: Deep water</p>	<ul style="list-style-type: none"> ▪ Bobs in deep water holding wall ▪ Bobs in deep water releasing wall ▪ Swim freestyle corner to corner ▪ Swim freestyle and change direction ▪ Sit jump into water, rise to surface and grab wall ▪ Jump into water and return to the wall 	<ul style="list-style-type: none"> - Goggles - Nose plug - Cap 	<p>Jump into deep water, rise to the surface and return to the wall</p>
<p>Step 7: Treading water</p>	<ul style="list-style-type: none"> ▪ Describe arm sculling motion and eggbeater kick ▪ Demonstrate sculling motion and eggbeater kick ▪ Sculling while standing ▪ Breaststroke kick against the wall ▪ Eggbeater kick against the wall ▪ Deep water sculling and kicking 	<ul style="list-style-type: none"> - Goggles - Cap 	<p>Tread water for one minute</p>
<p>Step 8: Sidestroke</p>	<ul style="list-style-type: none"> ▪ Demonstrate stroke and kick mechanics ▪ Practice stroke on dry land ▪ Practice kick on pool deck ▪ Practice stroke in water with kickboard ▪ Practice full stroke and kick 	<ul style="list-style-type: none"> - Kickboard - Goggles - Cap 	<p>Swim sidestroke in a complete circle</p>
<p>Step 9: Pool exit</p>	<ul style="list-style-type: none"> ▪ Demonstrate shallow water exit with arms and leg thrust ▪ Student practice ▪ Demonstrate deep water exit with arm pull and leg kick ▪ Student practice 		<p>Exit the pool</p>
<p>Step 10: Water competency</p>	<ul style="list-style-type: none"> ▪ Jump or step into deep water and return to the surface ▪ Float or tread for one minute ▪ Turn in a circle and find an exit ▪ Swim 25 yards to the exit ▪ Exit the pool 	<ul style="list-style-type: none"> - Goggles - Snorkel - Nose plug - Cap - Fins 	<p>Complete skills with confidence</p>
<p>Step 11: Other strokes</p>	<ul style="list-style-type: none"> ▪ Elementary backstroke ▪ Backstroke ▪ Breaststroke 	<ul style="list-style-type: none"> - Goggles - Nose plug - Cap - Fins 	<p>Swim additional strokes</p>