Children's Swim School & Stroke Team Progression

1

Submersion of face
Open eyes underwater
Blow bubbles with face in water
Asst'd front float w/ face in water
Safe entry & exit of pool
Wall bobs
Safety rules
Flutter kick at wall
Exit: 10 Relaxed wall bobs

2

5 sec front float
5 sec back float
Streamlined push-off on front
Streamlined push-off on back
Front kick
Intro to Back Kicking
Exit: 10 Jumping bobs
5 sec each front & back floats
bubbles & side breathing at wall

3

Front kicking w/ board
Back kicking w/ noodle
Float & Rollover, front to back
Float & Rollover, back to front
Intro to Freestyle Swimming
Tuck Float 5 sec.
Exit: 5 Sitting bobs
Front kicking, 12.5 yd.
Back kicking 12.5 yd.

4

Intro to Treading Water
Bilateral breathing (at wall & while kicking)
Freestyle Swimming (no breathing)
6 Kick Switch w/ noodle & bilateral breathing
Forward Somersault
Snap Roll
Intro to Backstroke Swimming
Exit: 6 k switch w/ bilateral breathing
Freestyle swim - 10ft (no breathing)
25yd free & back kicking

5

Freestyle swimming w/ bilateral breathing
Backstroke Swimming
6 kicks and switch (free and back)
Front/Back kicks with fins 25 yd.
Sitting dive
Teeter Totter
Exit: Sitting dive with 3 sec streamlined glide
25yd Back Kick in Streamline
6 kick switch 12.5 yds.
12.5 yds Freestyle Swim w/ bilateral breathing

6

Kneeling dive
Backstroke Swimming
Fly kick on board or on back
Breaststroke kick on back
Kick and Flip
Intro to Breakstroke Kick
Pencil Dive
Underwater dolphin kicks
Exit: 25 yds. Freestyle
12.5 yd. Backstroke Swim
Fly kick on board or back

7

Free & Back Refinement
Standing dive into Streamline
Freestyle flip turn
60 sec tread water
Breastroke Kick on Back
Fly Kicking on board or back
Exit: 2 x 25 yd. Freestyle
25 yds. Backstroke
12.5 Breaststroke Kick on front
12.5 Fly Kick

8

Dolphin Kick on Back
Breaststroke Kick with board
Jump Dive
Backstroke Start
Front and Back Sculling (12.5 yds)
Exit: 50 Freestyle with flip turn
25 Backstroke swim
25 Butterfly Kick
25 Breaststroke Kick
Ready for Green Stroke Team

9

100 freestyle w/ flip turns
50 Backstroke w/ flip turns
Intro to Butterfly swimming
Intro to Backstroke turn
I-Y Breaststroke Drill with glide
Exit: 100 Free
50 Backstroke swim w/ flip turn

10

Breaststroke arms
Catch up freestyle
Breaststroke arms
Butterfly arms
Exit: 150 Freestyle swim
100 Backstroke swim
25 Breaststroke swim
25 Fly swim

Ready for Black Stroke Team