Children's Swim School & Stroke Team Progression

1	*2*	*3*	*4*	*5*
Hold breath & release	Front float & recover, 5 sec.	Front kicking	Freestyle arms (no breathing)	Breaststroke Kick movement
Submersion of face	Front glide & recover	Back kicking	Forward Somersault	Snap up
Open eyes underwater	Back float & recover, 5 sec.	Float & Rollover, front to back	Snap roll	6 kicks and switch
Blow bubbles	Back glide & recover	Float & Rollover, back to front	6 Kick Snap roll	Front/Back kicks with fins 25 yd.
Face down in prone float position	Basic kicking skills	Teeter Totter	Kicking on side with side breathing	Sitting dive
Safe entry & exit of pool	**Exit: 10 Jumping bobs**	Kicking on side with support	Back kicks in streamline	**Exit: Sitting dive with 3 sec glide**
Wall bobs	**Front float & recover, 5 sec.**	Tuck Float 5 sec.	**Exit: Snap Roll**	**Back Kicks in Streamline 12.5 yd.**
Safety rules	**Back float & recover, 5 sec.**	**Exit: 5 Sitting bobs**	**Kick on side 12.5 yds.**	**6 kick switch 12.5 yds.**
Basic kicking skills		**Front kicking, 12.5 yd.**	**(with breathing)**	**Freestyle arms 10 ft. (no breathing)**
Exit: 10 Relaxed wall bobs		**Back kicking 12.5 yd.**	**Teeter Totter 12.5 yd.**	

6	*7*	*8*	*9*	*10*
Kneeling dive	Backstroke	Dolphin Kick on Back	Extended freestyle	Breaststroke arms
Backstroke 6 kick switch	Standing dive	Breaststroke Kick with board	Extended Backstroke	Catch up freestyle
Freestyle breathing every 3rd	Extended freestyle	Cyclops Kicks	1 Arm Butterfly	Breaststroke arms with Dolphin kick
Breaststroke kick on back	Freestyle flip turn	Jump Dive	Double arm Backstroke	Butterfly arms
Kick and Flip	**Exit: 2 x 25 yd. Freestyle**	Backstroke Start	Backstroke turn	**Exit: 150 Freestyle**
Backstroke arms	**25 yds. Backstroke**	**Exit: 50 Freestyle with flip turn**	**Exit: 100 Free**	**100 Backstroke**
Pencil Dive	**12.5 Breaststroke Kick on front**	**25 Butterfly Kick**	**50 Backstroke**	**25 Breaststroke**
Underwater dolphin kicks	**12.5 Dolphin Kick**		**25 Breast kick**	**25 Fly**
Exit: 12.5 yd. snap up				
25 yds. Freestyle	**Ready for Green Stroke Team**			**Ready for Black Stroke Team**
Breaststroke kick on Back				