

Pre-school Swim Progression (Ages 3-5)

1

Basic water adjustment skills
 Splashing & Kicking on side of pool
 Face underwater
 Blowing bubbles in water
 Adjustment to coach
 Safety rules
 assisted front and back floats
 assisted front and back kicking
 Safe, unassisted entry/exit of pool
Exit: Safe entry/exit of Pool
Blowing bubbles
Flutter kick on Wall

2

Splashing & Kicking holding gutter
 Blowing bubbles w/ face underwater
 bobbing introduction --
 1st w/ instructor, then holding wall
 Jumping in and going under water
 Push off wall and glide to coach
 assisted front and back floats
 assisted front and back kicking
Exit: 3 Relaxed Bobs,
(on wall or with coach)
Jump in and return to side
(this must be unassisted)

3

Assisted front float (5-10 sec)
 Assisted back float (5-10 sec)
 Assisted front float, roll over to back
 Assisted back float, roll over to front
 Assisted front kick to wall
front kick with a board
 back kick with a noodle
 Push off wall, glide to coach on front & back
 (face in water, 5 seconds)
 torpedo kicking (roll over to breathe)
Exit: Glide face in to coach (5 sec)
Unassisted Prone float (5 sec)
Unassisted Back float (5 sec)

4

Slide/push/kick off wall into streamline
 Kick across pool on front and back
 Float and Roll front to back
 Float and Roll back to front
 Blow bubbles & side breathing at wall
 Jumping bobs
 Tuck Float (5 seconds)
Exit: 5 toes to bottom bobs
back kick 9 yds
float and roll
front kick 6 yds

5

6 kick snap roll on back
 Kick on side with support
 Kick on Side with breathing & bubbles
 Front and back push-offs w/ kicks
 Intro to freestyle swimming
 Intro to treading water
 Acclimation to fins
Exit: 5 yds chest-belly
Front Kick w/ side breathing 9 yds
Sitting dive with streamlined kicks
Streamlined Front and Back
Push-Offs with kicks (3-5 yds)
Snap Roll 9yds

6

Intro to Freestyle w/ rhythmic breathing
 6 Kick Switch (free and back)
 Snap Up
 Kick 25yds with fins on front
 Kick 25yds with fins on back
 Kick 25 yds with fins on side
 Intro to Backstroke swimming
Exit:
6 kick switch, on frnt, 12.5 yds
Breaststroke kick movement
on back

7

Backstroke 3 kick roll
 9 yds freestyle w/ rhythmic breathing
 backstroke start into streamline
 Kneeling dive into streamline
 Front Somersault
 Intro to fly kick w/ noodle
 Intro to front and back sculling
Exit: 6 kick switch on bk, 12.5 yds
9 yds free w/ rhythmic breathing
Snap Up - 9 yds

8

Free and back refinement - 12.5 yds
 Fly kick 25yd with fins
 Kick and flip
 Drop-down and push-off with kicks
 Breaststroke kick on back
 Intro to breaststroke swim
Exit: 10 yds fly kick w/ hands at sides
Treading water (20 seconds)
back swim - 12.5 yards
Kneeling dive with kicks

9

Free and back refinement - 25 yds
 Underwater dolphin kicks
 floating fly arms
 breast kick with board
 Standing dive into streamline
Exit:
25 yd Freestyle
25 yd Backstroke
Breast kick on back (12.5 yds)
Freestyle flip turn

10

Breaststroke arms with dolphin kick
 Free and Back refinement
 Dolphin Kick on back
 I-Y Breaststroke kick and glide
Exit: 2 X25 yards freestyle
25 yds Breaststroke kick
25 yds Dolphin kick
Ready for Green Stroke Team