



# SWIM LESSON STAGES

## SWIM STARTER STAGES

- A1 & A2** A parent or caretaker accompanies their child in stage A, introducing infants and toddlers to the aquatic environment through water discovery.
- B1 & B2** In stage B, a parent or caretaker continues to assist their child with water exploration skills such as front and back floats, water entry and exit.

## PRESCHOOL STAGES

- STAGE 1** In stage 1, students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water. This stage lays the foundation for a student's future progress in swimming.
- STAGE 2** In stage 2, students focus on under water exploration, body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.
- STAGE 3** In stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.
- STAGE 4** In stage 4, students develop stroke technique (15 yards) in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is enhanced while treading water and demonstrating elementary backstroke.
- STAGE 5** In stage 5, students develop endurance (25 yards) in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is enhanced while treading water and demonstrating elementary backstroke.

# SCHOOL AGE STAGES

## STAGE 1 & 2

In stage 1 & 2, students develop comfort with water acclimation and learn to safely exit in the event of falling into a body of water. Additional skills include underwater exploration, front & back glides, swim, float, swim (5 yards). This stage lays the foundation that allows for a student's future progress in swimming.

## STAGE 3

In stage 3, students learn how to swim to safety from a longer distance. This stage also introduces rhythmic breathing and integrated arm and leg action. Additional skills include swimming on front & back (25 yards) and treading water (1 min).

## STAGE 4

In stage 4, students learn how to swim to safety from a longer distances. This stage introduces all four strokes (front & back crawl, breaststroke, butterfly and sitting dives).

## STAGE 5

In stage 5, students develop endurance and stroke technique in front crawl and back crawl and refine breaststroke and butterfly. Additional water safety skills include treading water and kneeling dives.

## STAGE 6

In Stage 6, students continue to refine stroke technique for all major competitive strokes while building endurance to perform each stroke at greater distances (25 yards). Students are introduced to the concept of competitive swimming and discover how to incorporate swimming into a healthy lifestyle.

## SPECIALTY CLASSES & CLINICS

### SWIM CONDITIONING

Swim Conditioning is designed to provide swimmers with practice sets to build confidence and take their skills to the next level, preparing swimmers for swim team. Practices include development of all 4 swim strokes, starts, turns, relays and more! Practices will take place in the Alumni pool. This small group learning environment will give swimmers a sense of what it feels like to be part of a team.

### STROKE CLINIC

Stroke Clinics are designed to help swimmers refine technique, improve efficiency and boost speed in the water. Practices include development and drills of all 4 swim strokes (freestyle, backstroke, breaststroke & butterfly). Practices will take place in the Alumni pool. This small group learning environment offers personalized instruction by experienced swim instructors.

### LIFEGUARD SKILLS & DRILLS FOR TEENS

This new program is designed for teens who want to develop essential water safety skills, improve their swimming abilities and gain an introduction to lifeguarding. Highlights include water safety and rescue techniques, swim endurance and timed skill drills, leadership practice challenges, and decision making team responses. Participants should be able to swim a minimum of 50 yards and demonstrate the ability to tread water for 2 minutes.

### NOODLE WATER POLO

Noodle polo is an introduction to water polo. Children will wear flotation devices while learning to tread water, develop freestyle and breaststroke kick and swim a minimum of 100 yards. Teamwork skills are developed through passes and scrimmages.