



Skills

Gear

Goal(s)

<p style="text-align: center;">Step 1: Breathing and bobs</p>	<ul style="list-style-type: none"> ▪ 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) 	<ul style="list-style-type: none"> - Goggles - Snorkel - Nose plug - Cap 	<p style="text-align: center;">10 relaxed bobs</p>
<p style="text-align: center;">Step 2: Front float, glide and kick</p>	<ul style="list-style-type: none"> ▪ 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 	<ul style="list-style-type: none"> - Goggles - Snorkel - Nose plug - Cap - Fins 	<p style="text-align: center;">Front glide, kick and recovery – 15 feet</p>
<p style="text-align: center;">Step 3: Back float, glide, kick</p>	<ul style="list-style-type: none"> ▪ 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 	<ul style="list-style-type: none"> - Goggles - Snorkel - Nose plug - Kickboard - Cap - Fins 	<p style="text-align: center;">Back glide, kick and recovery – 15 feet</p>
<p style="text-align: center;">Step 4: Freestyle</p>	<ul style="list-style-type: none"> ▪ 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 	<ul style="list-style-type: none"> - Goggles - Snorkel - Nose plug - Cap - Fins 	<p style="text-align: center;">Swim 15 feet; roll over to breathe</p>
<p style="text-align: center;">Step 5: Freestyle with breathing</p>	<ul style="list-style-type: none"> ▪ 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 	<ul style="list-style-type: none"> - Goggles - Snorkel - Nose plug - Cap - Fins 	<p style="text-align: center;">Breathing every stroke – 25 yards</p>

PROGRAM U.S. MASTERS SWIMMING			
Step 6: Deep water	<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 	Jump into deep water, rise to the surface and return to the wall
Step 7: Treading water	<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 	Tread water for one minute
Step 8: Sidestroke	<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 	Swim sidestroke in a complete circle
Step 9: Pool exit	<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 		Exit the pool
Step 10: Water competency	<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 	Complete skills with confidence
Step 11: Other strokes	<ul style="list-style-type: none"> ▪ Elementary backstroke ▪ Backstroke ▪ Breaststroke 	<ul style="list-style-type: none"> - Goggles - Nose plug - Cap - Fins 	Swim additional strokes