

## **Children's Swim School Progression**

### *Station 1*

Breath holding and release  
Submersion of face  
Open eyes underwater  
Blowing bubbles  
Face down in prone position, supported  
Safe entry and exit of pool  
Wall bobs  
Safety rules  
Basic kicking skills  
**Exit: 10 Relaxed wall bobs**

### *Station 2*

Front float and recover, 5 sec.  
Front glide and recover  
Back float and recover, 5 sec.  
Back glide and recover  
Basic kicking skills  
**Exit: 10 Jumping bobs**  
**Front glide**  
**Back glide**

### *Station 3*

Front kicking  
Back kicking  
Rollover, front to back, back to front  
Seesaw  
Dolphin kick  
Kicking on side with support  
Kicking on side with side breathing  
Traveling jumping bobs  
**Exit: 5 Sitting bobs**  
**Front kicking 15 ft.**  
**Back kicking 15 ft.**

### *Station 4*

3 Count sitting bob  
Backward bobs  
Kick on side unassisted  
Hand sculling touch feet to bottom  
12 Kick roll  
6 Kick roll  
Back kick streamline  
Freestyle arms (no breathing)

Somersault forward and backward  
**Exit: Kick on side 12.5 yds. (face in)**  
**Freestyle arms 15 ft. (no breathing)**  
**6 Kick roll 12.5 yds.**  
**Back kick streamline**  
**5 Backward bobs**

### *Station 5*

Freestyle with side breathing  
Backstroke  
Handstand  
Double somersault  
Back kick on side  
Snap roll  
Rifle drill  
Back 6 kick roll  
Back 12 kick roll  
Back 6 kick, rifle, roll  
Sculling  
**Exit: Sculling 15 ft.**  
**25 yds. Freestyle with side breathing**  
**12.5 yds. Back rifle drill**

### *Station 6*

Extended freestyle  
Backstroke  
Tread water using eggbeater kick  
Sitting dive  
Kneeling dive  
Standing dive  
Armcircle jump/dive  
Freestyle flip turn  
Back start arm swing  
Rifle drill 25 yds.  
Freestyle breathing every 3<sup>rd</sup>  
25 yds. Backstroke  
**Exit: 50 Freestyle with flip turn**  
**25 Backstroke**  
**Tread water for 1 minute**

**Ready for Stroke Team Green**

*Stroke Team Green*

*Station 7*

Breast kick on side of pool

Breast kick with board

Breast kick on back

Stone skipper

Breath explode

**Exit: 100 Free**

**50 Back**

**25 Breast kick**

**25 Fly kick**

*Station 8*

Kick hands back with breath

3 Seesaw, 1 kick with hand back

Superman

Windshield wiper

3 Windshield wipers, 2 pull

Breast pull with seesaw

One arm fly

Recovery delay

Free and back turns

**Exit: 150 Freestyle**

**100 Back**

**25 Breast**

**25 Fly**

**Ready for Stroke Team Black**

*Stroke Team Black*

*Station 9*

Breast/Fly turns

Arm circle dive

Dive from side

Dive from starting block

Safety strokes (side/elementary back)

**Exit: 200 Free**

**100 Back**

**50 Breast**

**25 Fly**

*Station 10*

IM Turns

Extended swimming and technique

Refinement in all major strokes and turns

**Exit: 100 IM**

**300 Freestyle**

**100 Backstroke**

**Ready for Bronze**