

## Preschool Swim Progression

### Station 1

Water adaptation  
Get in pool by self  
Get out of pool by self  
Flutter kick holding wall  
Adjustments to coach  
Safety rules  
Blow bubbles on water  
**Exit: Safe entry/exit of pool**  
**Blowing bubbles**  
**Flutter kick on wall**

### Station 2

Go underwater with assistance  
Go underwater by self  
Open eyes under water  
Hold breath and blow out (deck)  
Blow bubbles under water  
Wall bobs  
**Exit: 3 Relaxed bobs, on wall or with coach**

### Station 3

Prone float with support (add kick)  
Back float with support (add kick)  
Prone float kick to wall  
Sit/fall off wall to coach  
Push off wall (with face in) to coach  
**Exit: Push off wall to coach with face in**  
**Prone float (5 sec)**  
**Back float (5 sec)**

### Station 4

Kicking with noodle  
Sit/fall/kick back to wall  
Tread water  
Kick across pool prone  
Kick across pool on back  
Roll over front to back  
Roll over back to front  
Jumping bobs  
**Exit: 5 Bobs, front kick 15 ft, back kick 15 ft**

### Station 5

Prone movement with arms under water (x-dog)  
Take a breath unassisted (to the front)  
Standing up, return to side  
6 Kick snap roll  
Kick on side with support  
Kick on side with breathing  
Sitting bobs  
**Exit: Kick on side (face in) 12.5 yds.**

### Station 6

Breaststroke kick movement  
Breaststroke kick movement (straight arm)  
6 Kick roll  
Rifle drill  
Backwards bobs  
**Exit: 6 Kick roll, 12.5 yds. breaststroke kick movement**

### Station 7

Seesaw  
Seesaw with arms (circle fly)  
Freestyle arms with no breathing  
Little pull breaststroke  
**Exit: Seesaw 15 ft.**

### Station 8

Freestyle with side breathing  
6 Kick roll (for backstroke)  
Backstroke  
Hand sculling feet to bottom  
Somersault front and back  
Little pull breaststroke  
Fly arms with seesaw, no breathing  
**Exit: 25 yds. Free (breath every third), Backstroke (3 kick roll) 12.5 yds**

*Station 9*

Sitting dive

Kneeling dive

Standing dive

Arm circle jump

Arm circle dive

Handstand, flip, streamline

Freestyle flip turn

Back start arm swing

Streamlines

**Exit: Freestyle flip turn, dive**

*Station 10*

Extended Freestyle

Backstroke

Breaststroke

Fly

**Exit: 50 yards Freestyle with flip turn**

**25 yards back**

**Ready for Stroke Team Red**