

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