

# STAGE DESCRIPTIONS

All classes taught by nationally certified swim instructors trained in CPR, AED & First Aid.

## SWIM STARTERS

Accompanied by a parent\*, infants/toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences while parents learn about water safety, drowning prevention, and the importance of supervision.



### A / WATER DISCOVERY

Accompanied by their parent\*, infants/toddlers are introduced to the aquatic environment through exploration and enjoy themselves while learning about the water.



### B / WATER EXPLORATION

Parents work with their infant/toddler to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.

## SWIM BASICS

Learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

- Swim, float, swim—sequencing front glide, roll, back float, roll, front glide, and exit
- Jump, push, turn, grab



### 1 / WATER ACCLIMATION

Develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water—laying the foundation for future progress in swimming.



### 2 / WATER MOVEMENT

Focus on 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.



### 3 / WATER STAMINA

Learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water and introduction to rhythmic breathing and integrated arm and leg action.

## SWIM STROKES

Learn additional water safety skills, build stroke technique, and develop skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.



### 4 / STROKE INTRODUCTION

Develop stroke technique in front crawl and back crawl and learn the breaststroke and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.



### 5 / STROKE DEVELOPMENT

Work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.



### 6 / STROKE MECHANICS

Refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

## SWIM PATHWAYS

Advance training to improve or perfect swim strokes, technique, endurance and speed for sports, competitive swim and fitness.



### 7 / ENDURANCE, SPORTS AND GAMES



### 8 / AQUATIC CONDITIONING