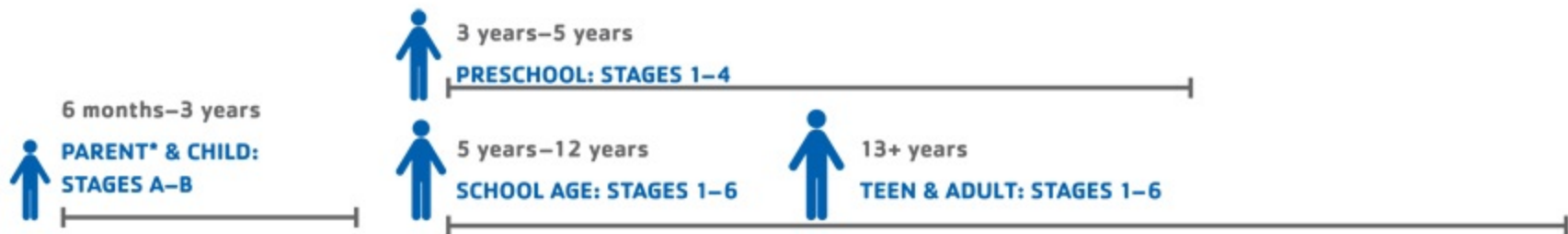


AGE GROUPS



SWIM STAGES

SWIM STARTERS

Parent* & child lessons

STAGE A

STAGE B



SWIM BASICS

Recommended skills for all to have around water

STAGE 1

STAGE 2

STAGE 3



SWIM STROKES

Skills to support a healthy lifestyle

STAGE 4

STAGE 5

STAGE 6



LESSON SELECTOR

CAN THE STUDENT:

Respond to verbal cues and jump on land?

Work with an instructor without a parent in the water?

Go underwater voluntarily?

Do a front & back float on his/her own?

Swim 10–15 yds. on his/her stomach & back?

Swim 15 yds. of front & back crawl and tread water for 1 min.?

Swim 25 yds. of front crawl & back crawl, and 15 yds. of breaststroke & butterfly?

Swim 50 yds. of all competitive swim strokes: front crawl, back crawl, breaststroke and butterfly?

YES

YES

YES

YES

YES

YES

YES

