

Greenbelt Aquatic and Fitness Center

Swim Lesson Progression Chart

AQUATOTS (LEVELS I AND II)

- ✓ Basic water safety and pool rules
- ✓ Bubble Blowing
- ✓ Independent movements in water
- ✓ Intro to flutter kick
- ✓ Assisted jump into shallow water
- ✓ Assisted jump into deep water
- ✓ Supported front float w/ parent
- ✓ Supported back float w/ parent
- ✓ Supported front float w/ noodle
- ✓ Supported back float w/ noodle
- ✓ Retrieve objects from bottom with hand w/o submerging head
- ✓ Intro to independent head submersion in shallow water
- ✓ Intro to head submersion w/ parent in 4-5 feet

BEGINNER I (AND PRESCHOOL BEGINNER)

- ✓ Basic water safety and pool rules
- ✓ Safely enter and exit water from side
- ✓ Move through water comfortably
- ✓ Bubble blowing
- ✓ Assisted float on front in deep water
- ✓ Assisted float on back in deep water
- ✓ Starting position on front
- ✓ Starting position on back
- ✓ Supported flutter kick on front
- ✓ Supported flutter kick on back
- ✓ Streamline front glide from starting position
- ✓ Back glide with arms at side from starting position
- ✓ Assisted jump into shallow water
- ✓ Assisted jump into deep water
- ✓ Head submerged for 3 seconds
- ✓ Retrieve objects from bottom with hand while head is submerged
- ✓ Intro to alternate arm action

BEGINNER II

- ✓ Basic water safety and pool rules
- ✓ Review skills from Beginner I
- ✓ Bob, submerging head completely 10 times
- ✓ Independent jump into shallow water
- ✓ Independent jump into deep water and a safe return to the wall
- ✓ Independent float on front from standing position
- ✓ Independent float on back from standing position
- ✓ Turning from front float to back float
- ✓ Turning from back float to front float
- ✓ Recover from front float to standing position
- ✓ Recover from back float to standing position
- ✓ 5 yards of "Bob to Safety" in deep water
- ✓ 10 yards of front crawl
- ✓ 10 yards of elementary backstroke w/ any kick
- ✓ 5 yards of breaststroke w/ any kick
- ✓ Intro to alternate breathing
- ✓ Intro to back crawl
- ✓ Intro to whip kick
- ✓ Intro to treading water

BEGINNER III

- ✓ Basic water safety and pool rules
- ✓ Review skills from Beginner II
- ✓ Independent jump into 9 feet and a safe return to the wall
- ✓ Independent float on back from vertical position in 9 feet
- ✓ Turning from front float to back float in 9 feet
- ✓ Turning from back float to front float in 9 feet
- ✓ 15 yards of front crawl w/ alternate breathing
- ✓ 15 yards of back crawl
- ✓ 15 yards of elementary backstroke w/ whip kick
- ✓ 10 yards of breaststroke w/ whip kick
- ✓ 30 seconds of treading water
- ✓ Intro to scissor kick
- ✓ Intro to dolphin kick

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Swim Lesson Progression Chart

ADVANCED BEGINNER

- ✓ Basic water safety and pool rules
- ✓ Review skills from Beginner III
- ✓ Kneeling dive from side of 9 feet
- ✓ 25 yards refined front crawl
- ✓ 25 yards refined back crawl
- ✓ 25 yards of elementary backstroke
- ✓ 15 yards breaststroke
- ✓ 1 minute of treading water
- ✓ Intro to standing dive
- ✓ Intro to sidestroke
- ✓ Intro to butterfly
- ✓ Intro to swimming underwater

INTERMEDIATE

- ✓ Basic water safety and pool rules
- ✓ Review skills from Advanced Beginner
- ✓ Standing dive from side of 9 feet
- ✓ Retrieve objects from bottom of 9 feet
- ✓ Open turn
- ✓ 5 yards of swimming underwater
- ✓ 50 yards of refined front crawl
- ✓ 50 yards of refined back crawl
- ✓ 25 yards of refined breaststroke
- ✓ 25 yards of sidestroke
- ✓ 10 yards of butterfly
- ✓ 2 minutes of treading water
- ✓ Intro to long shallow dive
- ✓ Intro to flip turn

SWIMMER STROKE/REFINEMENT

- ✓ Basic water safety and pool rules
- ✓ Review skills from Intermediate
- ✓ Long shallow dive in 9 feet
- ✓ Continuous swim: 500 yards
- ✓ Front crawl: 100 yards
___ kick ___ arms ___ alternate breathing
- ✓ Back crawl: 100 yards
___ kick ___ arms
- ✓ Breaststroke: 100 yards
___ kick ___ arms ___ timing
- ✓ Elementary backstroke: 100 yards
___ kick ___ arms
- ✓ Sidestroke: 100 yards
___ kick ___ arms
- ✓ Butterfly: 25 yards
___ kick ___ arms ___ breathing
- ✓ 5 minutes of treading water
- ✓ Intro to treading water without hands

DEFINITIONS

Shallow water = water where participant can stand

Deep water = water over participant's head

Independent = without help

Assisted = independent after help getting started

Supported = use of flotation device is permitted

5 yards = from either wall to the backstroke flags

15 yards = from the peninsula to the life line

25 yards = full length of the pool