

Sports Plus - Swim Program

Swimming Skills Progression

Beginner Level I

WATER EXPLORATION

Feel comfortable in the water – overcome fear;
Introduction to buoyancy and breath control;
Introduction to blowing bubbles;
Walk and run through the water staying upright;
Begin to submerge parts of the face and head in water

Beginner Level II

WATER EXPLORATION (Continued)

Submerge face and head for 3 seconds;
Bounce up and down in the water 10 times;
Bob to chin level;
Supported float on front and back;
Supported kick on front and back;
Introduction to arm movement

Intermediate Level I

PRIMARY SKILLS

Submerge and retrieve an object in chest deep water while working on bubble blowing;
Explore deep water with support;
Float or glide unsupported for 5 seconds and return to a vertical position;
Begin to coordinate the front and back crawl

Intermediate Level II

PRIMARY SKILLS (Continued)

Rhythmic breathing with or without support;
Bob 10 times fully submerged into the water;
Flutter kick on front and back with or without support;
Finning (sculling) on back with hands at side of body;
Back crawl arm action;
Combined stroke on front and back;
Turning over front to back and back to front

Advanced Level I

Buoyancy and breath control – deep water bobbing and rotary breathing;
Continue to refine techniques for the following strokes:

Front crawl
Back crawl
Breaststroke
Sidestroke

Advanced Level II

Work on stamina and strength to be able to go the following distances:

Backstroke – 25 yards
Sculling on back – 5 yards or 15 seconds
Front crawl – 25 yards with rotary breathing
Breaststroke – kick 10 yards with or without kickboard
Sidestroke – scissor kick 10 yards with or without kickboard

Introduction to turning at wall;
Tread water with modified scissors, modified breaststroke and rotary kicks

Stroke Refinement Skill Proficiency

These levels are the most advanced levels and focus on further refining stroke techniques and swimming with ease, efficiency, power and smoothness over greater distances. Students work on turns as well as a variety of diving skills. In addition, students may work on synchronized swimming, skin diving and competition. Further information will be given on these levels as our students progress.