

Preschool Swim Lesson Curriculum

Revised 9/14/04

Parent & Child (ages 6mos to 3 yrs)

(into to water and water adjustment class, with parent or adult in pool with child)

Take a shower
Hang on to side
Water Adjustment
Climb out of pool
Stretch out – Front
Stretch out – back
Kicking on front
Kicking on back
Blow bubbles
Hold breath
Jump in with help
Jump in without help
Turn over
Front float
Back float
Open eyes
Paddle stroke
Sing songs, play games and have fun!

Pint Size (ages 3 up to 6yrs)

Know 3 safety rules (No running, Look before you jump, No grabbing other swimmers, + go to the bathroom before entering pool)
Jump in with or w/o help safely
Put face into water
Blow bubbles 5x in a row
Back float (10 secs.)
Front Float (10 secs. at least nose must be in the water)
Paddle stroke 15 yards
Finning on back w/ flutter kick 15 yards

All swimmers must need two or fewer float blocks for assistance in order to advance

Tot 1 (ages 3 up to 6yrs)

Know 5 safety rules (Pint size rules, No food or gum while swimming and never swim alone)
Jump in alone, no safety belt
Bobbing 5x
Rhythmic breathing on wall 5x

Tot 1 continued

Back float, no belt 15 seconds
Front float, no belt 15 seconds (face in water)
Jump in, paddle stroke 20 feet
Jump in, turn over, back stroke 20 feet
Paddle stroke, w/ good kick, no belt 15 yards
Elem. back arms w/ flutter kick, no belt 15 yards

* *Must be free of float belt to advance.* *

Tot 2 (ages 3 up to 6yrs)

Reaching and throwing assists
Swim underwater 10 feet
Tread water 30 seconds (must be vertical)
Deep water confidence
Sculling on back
Front & back gliding (10 feet)
Sitting & kneeling dive
Rhythmic breathing w/ board 15 yards
Front crawl 15 yards (good arms and legs, OK breathing)
Back crawl 15 yards (straight arm recovery, good kick)

Passing swimmers ages 6 and older should go into Guppy

Tot 3 (ages 3 up to 6yrs)

Activating E.M.S.
Recovering ring off bottom of shallow end
Tread water 1 minute
Survival float 30 seconds
Kneeling & standing dives
Front crawl 25 yards (good arms & legs, good breathing)
Back crawl 25 yards (straight arm recovery & good kick)
Select, put on and use a PFD

Passing swimmers ages 6 and older should go into Minnow

Beginning Adult Classes

Skills tailored to individual needs (i.e. very beginner adults start with Polliwog skills; more advanced beginners start with higher level skills)