



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Progressive Swim Lesson Curriculum (6 yrs and older)

### Polliwog I

Know pool rules  
Comfortable in the water  
Float 30 seconds w/o belt (combination front and back)  
Put on & take off PFD  
Front flutter kick w/o belt 15 yards  
Back flutter kick w/o belt 15 yards  
Paddle stroke w/o belt 15 yards  
Elementary back arms 15 yards  
Rhythmic breathing on wall 10x (can lift head)  
Participate and have fun  
Stationary sculling on back 30 sec. w/o belt  
Practice reaching and throwing assists

### Polliwog II

Know pool rules  
Comfortable in the water  
Float 1 minute w/o belt (combination Front and back)  
Put on & take off PFD  
Front flutter kick w/o belt 25 yards  
Back flutter kick w/o belt 25 yards  
Paddle stroke w/o belt 25 yards  
Elementary back arms 25 yards  
Rhythmic breathing 10x w/board (turning head to side to breath)  
Participate and have fun  
Stationary sculling on back 1 min  
Practice reaching and throwing assists  
**\* Must be free of float belt to advance.\***

### Guppy

Select, put on and use a PFD  
Jump in deep water and level off  
Deep water confidence  
Tread water 30 seconds (must be vertical)  
Paddle stroke 25 yards  
Back crawl 15 yards  
Elementary back arms 25 yards  
Crawl arm stroke w/ rhythmic breathing while standing 10x  
Front crawl w/ rhythmic breathing 15 yards, turning head to breath  
Diving safety intructions  
Sitting/kneeling dives  
Reaching and throwing assists  
Intro. to rescue breathing

### Minnow

Survival float 3 minutes  
Review diving safety instructions  
Kneeling, and standing dives  
Tread water 1 minute  
Front crawl 25 yards (good arms and legs, rotary breathing, no head lift)  
Back crawl 25 yards (straight arm recovery, good kick)  
Elementary backstroke 25 yards (kick must be correct)  
Crawl turnover sequence (front, turn, back, turn, front)  
Activating E.M.S.  
Rescue breathing

### Fish

Survival float 6 minutes  
Tread water 3mins (using whip, flutter and scissors kick)  
Treating cramps  
Breaststroke kick 50 yards (with board)  
Elem. backstroke kick 50 yards (with board)  
Dolphin kick w/ face in water (no board 25 yards)  
Front crawl 50 yards  
Back crawl 50 yards  
Front / back / tread / front combination  
Head first surface dive 6-8 ft  
Standing front dive from platform  
Intro. to masks and fins  
Head and feet first sculling  
Bleeding and choking first aid  
Rescue breathing

### Flying Fish I

Butterfly 25 yards  
Breaststroke 25 yards  
100 IM continuous: butterfly, backstroke, breaststroke, front crawl  
Open turns for all strokes  
Survival float 8 minutes  
Tread water 4 mins. w/ 3 different kicks  
Tuck and Pike surface dives  
Long shallow dive, race start

### Flying Fish II

Butterfly 50 yards  
Breaststroke 50 yards  
200 IM continuous butterfly, backstroke, breaststroke and front crawl w/ turns  
Underwater 3-4 body lengths  
Three step approach dive  
Tread water 4 minutes using whip, scissors & egg beater kicks  
Procedure for underwater search

### Shark

HELP position 10 minutes  
Self help for cold & heat illnesses  
Front start  
Back stroke start  
Breaststroke start and turn with underwater stroke and kick  
Front and Back flip turns  
Feet first surface dive 6-8 feet  
Sidestroke 50 yards  
Lifesaving stroke 50 yards  
250 yards continuous swim (50 yards of each: Front and Back crawl, Sidestroke, Lifesaving stroke and Elementary backstroke)  
Symptoms & protection from heat stroke and frostbite  
Symptoms and first aid for shock

### Sea Lions

Under water swimming safety  
Tread water holding 10lb brick 30 seconds  
Recover 10lb brick from 9 feet  
Streamlined flipturns  
Relays and relay starts  
"Fishlike" freestyle 50 yds  
"Fishlike" backstroke 50 yds  
Competitive style breaststroke 50 yds  
Competitive style butterfly 50 yds  
Efficiency improving drills

### 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)