



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 instructions
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)