



# Program Overview

the Shrimp

Guppy/Minnow

Pollywog

## SWIM STARTERS

Parent\* & child lessons

**A**  
Water  
Discovery



Introduces infants and toddlers to the aquatic environment

**B**  
Water  
Exploration



Focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatic skills

## SWIM BASICS

Recommended skills for all to have around water

**1**  
Water  
Acclimation



Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance

**2**  
Water  
Movement



Encourages forward movement in water and basic self-rescue skills performed independently

**3**  
Water  
Stamina



Develops intermediate self-rescue skills performed at longer distances than in previous stages

## SWIM STROKES

Skills to support a healthy lifestyle

**4**  
Stroke  
Introduction



Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke

**5**  
Stroke  
Development



Introduces breaststroke and butterfly and reinforces water safety through treading water and sidestroke

**6**  
Stroke  
Mechanics



Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle

## PATHWAYS

Specialized tracks

Competition



Leadership



Recreation



## Outcomes

Students build confidence, cultivate their passion, and stay active through specialized tracks.

## Outcomes

Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.

## Outcomes

Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

- Swim, float, swim—sequencing front glide, roll, back float, roll, front glide, and exit
- Jump, push, turn, grab

## Outcomes

Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.

\*We define parent broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, guardians, stepparents, grandparents, or any other type of parenting relationship.