



SWIM ACADEMY PROGRESSION CHART

***GRADUATING SKILLS FOR EACH LEVEL**

	PRESCHOOL 3-4 YRS	PRESCHOOL PLUS 3-4 YRS	LEVEL 1 5-6 YRS	LEVEL 2 5-7 YRS	STROKE DEVELOPMENT 7-10 YRS	STROKE IMPROVEMENT 7-11 YRS	STROKE REFINEMENT 7-12 YRS
WATER COMFORT LEVEL	CHIN/LIPS/ NOSE/ EARS/ FACE IN WATER	FULLY SUBMERGE FACE (5 SECONDS)	FULLY SUBMERGE FACE (10 SECONDS)	10 BOBS & INTRODUCTION TO TREADING	MAIN POOL - 1 LAP, 45 MINS	MAIN POOL - 2 LAPS 1 HR.	MAIN POOL - 4 LAPS 1 HR.
FRONT FLOAT	SUPPORTED FLOAT ON FRONT (FACE IN WATER)	UNSUPPORTED FLOAT ON FRONT (5 SECONDS)	UNSUPPORTED FLOAT ON FRONT (10 SECONDS)	UNSUPPORTED FRONT FLOAT	1 LAP FREESTYLE	2 LAPS FREESTYLE	3-4 LAPS FREESTYLE
BACK FLOAT	SUPPORTED FLOAT ON BACK (10 SECONDS)	UNSUPPORTED FLOAT ON BACK (5 SECONDS)	UNSUPPORTED FLOAT ON BACK (10 SECONDS)	UNSUPPORTED BACK FLOAT	1 LAP BACKSTROKE	2 LAPS BACKSTROKE	3-4 LAPS BACKSTROKE
JUMPS & DIVES	JUMPING IN HOLDING ONTO INSTRUCTOR	JUMPING IN TO NOODLE (SWIM TO SIDE)	JUMPING IN UNSUPPORTED & SEATED DIVE	JUMPING IN UNSUPPORTED & KNEELING DIVE	STANDING DIVE	STANDING DIVE	STANDING DIVE
RETRIEVAL OF OBJECTS	RETRIEVE OBJECTS ON RAMP - CHIN IN WATER	RETRIEVE OBJECTS ON RAMP - FACE IN WATER	RETRIEVE OBJECTS ON POOL FLOOR - UNASSISTED	RETRIEVE OBJECTS ON POOL FLOOR - UNASSISTED	RETRIEVE OBJECTS ON MAIN POOL FLOOR	RETRIEVE OBJECTS ON MAIN POOL FLOOR	RETRIEVE OBJECTS ON MAIN POOL FLOOR
FREESTYLE	SUPPORTED FLUTTER KICK	UNSUPPORTED CIRCLE ARMS & FLUTTER KICK	UNSUPPORTED FREESTYLE ARMS WITH KICKS & UNASSISTED GLIDE	1 LENGTH TP FREESTYLE & ROTARY BREATHING	1 LAP FREESTYLE	2 LAPS FREESTYLE	3-4 LAPS FREESTYLE
BACKSTROKE	SUPPORTED FLUTTER KICK	BACKWARD CIRCLE ARMS WHILE STANDING	UNSUPPORTED BACKSTROKE ARMS WITH KICKS & FINNING	FULL BACKSTROKE (1 LENGTH TP)	1 LAP BACKSTROKE	2 LAPS BACKSTROKE	3-4 LAPS BACKSTROKE
ADDITIONAL STROKES	BLOWING BUBBLES	UNSUPPORTED PUSH OFF WALL (3-5 SECS)	INTO TO MAIN POOL- 25 MINS	MAIN POOL 30 MINS	1 LAP BREASTSTROKE	BREASTSTROKE 2 LAPS, BUTTERFLY 1 LAP	BREASTSTROKE 2+ LAPS, BUTTERFLY 1+ LAPS