

Entry and exits

Breath control

Submersion

Ffloating

Sculling

Tread water

Front crawl

Backstroke

Breaststroke

Butterfly

Endurance

Turns

STAGE 3

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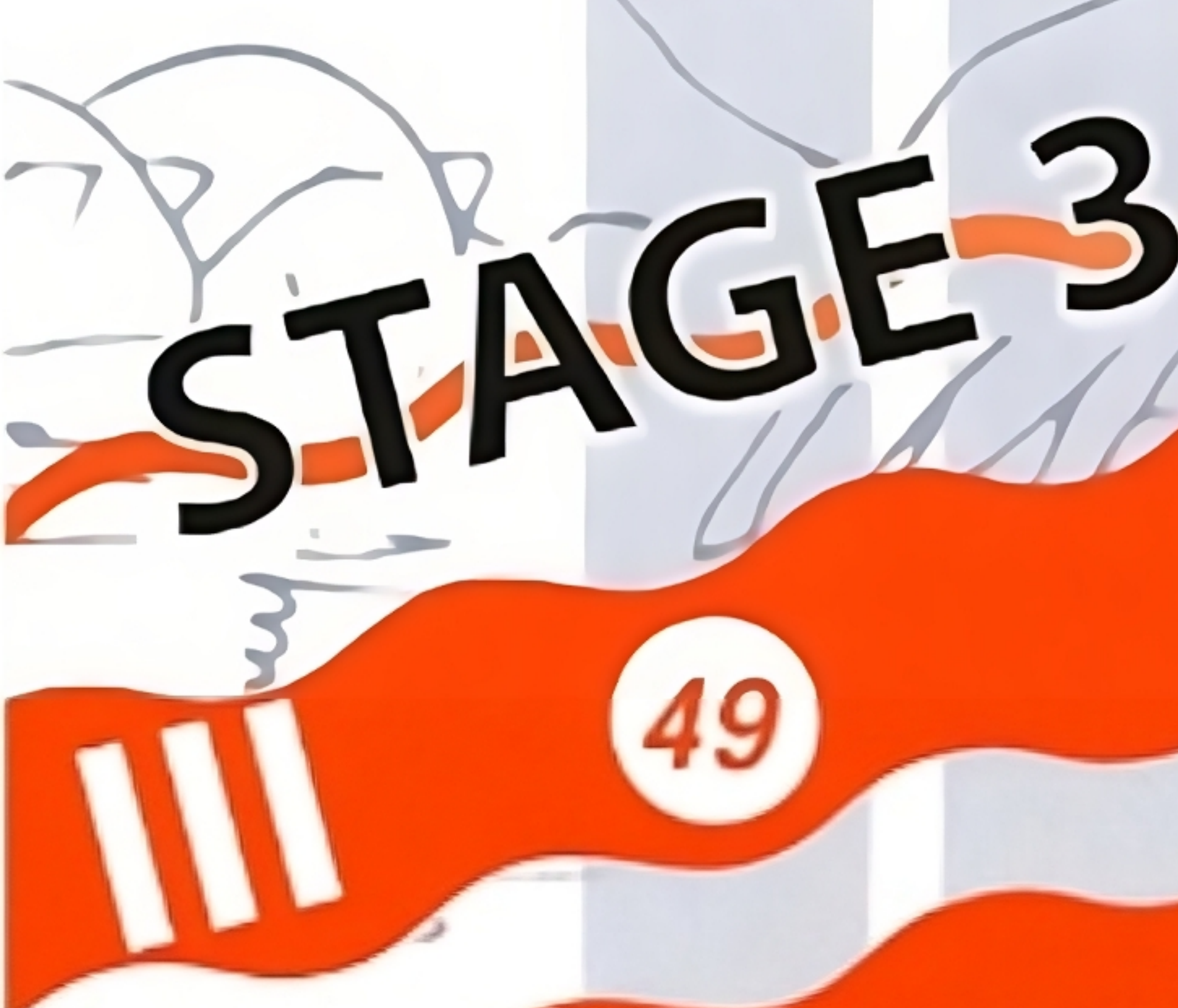
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Swimming is a skill for life!

Orientation to Water STAGE 1

I Can Float

1. Blow bubbles on surface
2. Wash face, shoulders underwater
3. Float with an object
4. Float on front or back with assistance
5. Kick on front with assistance
6. Leg action on back with assistance

Skill Development STAGE 2

I Can Paddle

19. Submerge and touch pool bottom
20. Front paddle, 5m
21. Back paddle, 5m
22. Breast stroke arm action with breathing
23. Dolphin kick, 5m
24. Underwater push off to front

Skill Progressions STAGE 3

I Can Backstroke

37. Head first surface dive & swim through hoop
38. Scull forward & backward, 25m each
39. Flutterkick on front with assistance, 50m
40. Backstroke, 25m
41. Single arm butterfly w/breathing, alternate arms
42. Front open turn

I Can Glide

7. Enter feet first
8. Face in water with shoulders submerged
9. Glide with a kickboard
10. Star float with assistance
11. Push/Glide/Kick on front with assistance
12. Float on back

I Can Dive

25. Kneel/crouch dive into deep water, assisted
26. Rhythmic breathing both sides
27. Rotate back-front-back, regain footing
28. Breast stroke arm action w/ breathing and dolphin kick, 10m
29. Dolphin dives
30. Kick with kickboard, 25m

I Can Breaststroke

43. Stride entry into deep water
44. Tread water, legs only, 30 secs
45. Flutterkick on back, 50m
46. Breast stroke continuously, 25m
47. Dolphin kick, 25m
48. Back open turn

I Can Kick

13. Enter feet first into deep water assisted
14. Bob with rhythmic breathing
15. Star float on front, regain footing
16. Push/Glide/Kick on front, 5m
17. Push/Glide/Kick on back
18. Leg action with a kickboard, 10m

I Can Freestyle

31. Foot first surface dive & get object
32. Tread water, 1 min
33. Front crawl with breathing, 15m
34. Backstroke, 15m
35. Breast stroke kick, 10m
36. Underwater push off to back

I Can Butterfly

49. Shallow dive with arm swing into deep water
50. Front crawl w/bilateral breathing, continuous, 100m
51. Backstroke continuously, 75m
52. Breaststroke continuously, 50m
53. Butterfly w/breathing, continuous, 25m
54. Swim continuously, 200m