



LEARN-2-SWIM

Program Curriculum

Level 1: Introduction to Water Safety		
Focuses on helping participants feel comfortable in the water while learning fundamental water safety skills		
Fundamental Skills	Water Safety Skills	Stroke Skills
Enter and exit the water using the ladder, steps or side	Front Float – 3 seconds	Freestyle kicks on front
Blow bubbles through the mouth and nose – 3 seconds	Back Float – 3 seconds	Freestyle scoops on front
Bobbing – 3 times	Safety Float – Roll from front to back	Combined freestyle kicks and scoops on front (assisted)
Submerge mouth, nose, and eyes	Jump in and return back to the wall (assisted)	
Blow bubbles and retrieve a submerged object		

Level 2: Fundamental Aquatic Skills		
Utilizes the skills learned in Level 1 to further swimmer development without assistance		
Fundamental Skills	Water Safety Skills	Stroke Skills
Enter chest-deep water by stepping or jumping from the side	Front Float – 10 seconds	Rotary Breathing – 5 times
Fully submerge and blow bubbles – 5 seconds	Back Float – 10 seconds	Combined freestyle kicks and scoops on front – 5 body lengths
Bobbing – 10 times in chest-deep water	Safety Float – 5 seconds on both the front and back, and recover	Flutter kicking on back
Open eyes underwater and retrieve a submerged object	Tread water using arms and legs – 15 seconds	
Front Glide – 2 body lengths	Jump in chest-deep water and return back to the wall	
Back Glide – 2 body lengths		



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Level 3: Stroke Development		
Builds on the skills learned in Level 2, gain strength and coordination, develop freestyle and backstroke skills, and additional guided practice in deeper waters		
Fundamental Skills	Water Safety Skills	Stroke Skills
Enter deep water by jumping from the side	Front Float in deep water – 15 seconds	Freestyle with rotary breathing – 10 yards
Bobbing while moving towards safety – 15 times	Back Float in deep water – 15 seconds	Side Stroke – 10 yards
Retrieve a submerged object – at least in 5 feet deep water	Tread water using arms and legs – 45 seconds	Backstroke – 10 yards
Front Glide with streamline – 3-5 body lengths	Enter deep water from the side, swim freestyle for 10 yards, tread water for 30 seconds then swims side stroke back to safety	
Back Glide with streamline – 3-5 body lengths		

Level 4: Stroke Improvement		
Develops confidence in stroke skills for freestyle and backstroke while improving swimmer independence		
Fundamental Skills	Water Safety Skills	Stroke Skills
Feet-first surface dive in deep water	Swim underwater – 3-5 body lengths	Freestyle with rotary breathing – 25 yards
Front Glide with streamline and kicking – 3-5 body lengths	Tread water using arms and legs – 60 seconds	Backstroke with stroke counting – 25 yards
Back Glide with streamline and kicking – 3-5 body lengths	Enter deep water from the side, swim freestyle for 15 yards, back float for 20 seconds, then continue swimming for 10 yards toward safety	Elementary Backstroke – 15 yards
Open turns – front and back		Kick with a kickboard on front and back – 10 yards