



THE YMCA OF THE FOOTHILLS PRESCHOOL AQUATIC SKILLS CONTINUUM

STAGE 1

STAGE 2

STAGE 3

STAGE 4

KEY TERMS

WATER ACCLIMATION

WATER MOVEMENT

WATER STAMINA

STROKE INTRODUCTION

GOALS

1. To get child comfortable in the water
2. Build trust and confidence
3. Follow rules and listen
4. Parent understands what the goals of the Class are.

1. To gain independence and confidence in the water
2. Understand rules and listen to instructions.
3. Begins to understand the lifesaving skills swim, float, swim (rollovers) and jump, push, turn, grab

1. Continues to gain independence
2. Has exposure to lap pool
3. Gains strength and endurance
4. Beginning to work on stroke technique
5. Understands fully how to use the water safety techniques if in trouble

1. Continue gaining strength and endurance
2. Stroke Technique
3. Exposure to lap pool
4. Understands fully how to use the water safety techniques if in trouble

25 YARDS:
Length of the lap pool

50 YARDS:
2 lengths of the pool

100 YARDS:
4 lengths of the pool

ROLLOVER:
a survival technique swim on the front, rollover to back float, rest, and then rollover to swimming on the front.

JUMP, SWIM, TURN, GRAB:
a survival technique swimmer jumps from the wall, pushes off the bottom, turns, and swims back to the wall for safety.

GLIDE:
swimmer is in a streamlined position, hands above head with hands together.

KNEELING DIVE:
A dive from a kneeling position that helps transition to a standing dive.

BENCHMARKS

1. Puts face in water and blows bubbles
2. Assisted back float 5 seconds
3. Assisted front float
4. Assisted jump and swim

1. Submerge with comfortability
2. Swims unassisted for 5 feet
3. Front glide unassisted for 5 feet
3. Back float unassisted for 10 seconds
4. Unassisted jump
5. Assisted rollover

1. Unassisted Jump, push, turn, grab
2. Unassisted Swim, Float, Swim (rollover) 10 yards
3. Unassisted Front glide 10 feet
4. Unassisted back paddle 10 yards

Students will either go to Stage 1 or 2 Youth once they turn 5

1. Unassisted Jump, swim, turn, grab 15 yards
2. Unassisted Jump, push, turn, grab
- 3 Unassisted Front glide 10 feet
4. Front crawl 15 yards
5. Back crawl 15 yards