



THE YMCA OF THE FOOTHILLS YOUTH AQUATIC SKILLS CONTINUUM

	STAGE 1	STAGE 2	STAGE 3	STAGE 4	STAGE 5	STAGE 6
	WATER ACCLIMATION	WATER MOVEMENT	WATER STAMINA	STROKE INTRODUCTION	STROKE DEVELOPMENT	STROKE MECAHNICS
GOALS	<ol style="list-style-type: none"> 1. Gain confidence in the water 2. Explore independent swimming 2. Learn water safety techniques 	<ol style="list-style-type: none"> 1. Gain independence 2. Know how to save themselves in an aquatic emergency 3. Gain endurance 4. Gain confidence in the deep end 	<ol style="list-style-type: none"> 1. Gain confidence 2. Intro into sustained swimming 3. Work towards stroke mastery in freestyle and backstroke 	<ol style="list-style-type: none"> 1. Gain confidence 2. Stroke mastery in freestyle and backstroke 3. Intro to endurance training 	<ol style="list-style-type: none"> 1. Gain confidence 2. Build endurance 3. Stroke development in breaststroke and butterfly 4. Learn about competitive swimming 	<ol style="list-style-type: none"> 1. Gain confidence 2. Mastery of 4 competitive strokes 3. Prepare for swim team
BENCHMARKS	<ol style="list-style-type: none"> 1. Unassisted front glide 5 yards 2. Unassisted back float for 30 seconds 3. Unassisted swim with one rollover to back 5 yards 4. Unassisted jump to swim 10 yards 	<ol style="list-style-type: none"> 1. Unassisted front glide 5 yards 2. Unassisted front crawl with 2 rollovers 25 yards 3. Jump, swim 10 yards, float on back and swim to wall 4. Unassisted kick on back with streamlined arms 	<ol style="list-style-type: none"> 1. 50 yard warm up kick on front and back 2. 25 yard front crawl with side breathing 3. 25 yard backstroke 4. Tread water for 30 seconds 5. Kneeling or standing dive 	<ol style="list-style-type: none"> 1. 50 yards freestyle w/ side breathing 2. 50 yards backstroke 3. 25 yards beginning breaststroke 4. 25 yards butterfly kick 5. Standing dive (7ft water only) 	<ol style="list-style-type: none"> 1. 100 yard freestyle with open turns 2. 50 yard backstroke 3. 50 yard breaststroke 4. 25 yard butterfly 5. Tread water for 1 minute 	<ol style="list-style-type: none"> 1. 100 yard front crawl with flip turns 2. 50 yards each of backstroke, breaststroke, butterfly, and freestyle
KEY TERMS	<p>25 YARDS: Length of the lap pool</p> <p>50 YARDS: 2 lengths of the pool</p> <p>100 YARDS: 4 lengths of the pool</p>	<p>GLIDE: swimmer is in a streamlined position, hands above head with hands together.</p> <p>KNEELING DIVE: A dive from a kneeling position that helps transition to a standing dive.</p>	<p>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.</p>	<p>ROLLOVER: a survival technique swim on the front, rollover to back float, rest, and then rollover to swimming on the front.</p>		