

### Wilson School District Learn-To-Swim Skill Progression Chart

	GOAL 1	GOAL 2	GOAL 3	GOAL 4	GOAL 5	GOAL 6	GOAL 7	GOAL 8	GOAL 9	GOAL 10
<b>Level I</b>	Face in the water- 3 to 5 seconds with bubbles	kicking on wall	kicking on board/barbell (assisted)	Reach and retrieve and object	submerge body underwater	Front Float (unassisted)	Back Float (assisted)	Alligator (assisted face in the water)	Blast off (with light assistance)	Introduction to "pencil arms" (freestyle)
<b>Level II</b>	3-5 full body bobs with bubbles	kicking on board with superman arms	face in front float (unassisted)	retrieving object from bottom of pool/dock	back float unassisted	blast off with backstroke arms	alligator with kick alligator without kick	5-8 "pencil arms" no breathing	introduction to freestyle breathing	jump in unassisted pencil arms back to the wall
<b>Level III</b>	Alligator with 3-5 freestyle arms (no breathing)	5-12.5 yards of freestyle (no breathing)	Introduction to Pencil Breathing (on land)	Introduction to "chair breathing"	Kickboard breathing drill (5-7 rhythmic breaths)	Blast off with 12.5 yards of backstroke	introduction to treading water- deep & shallow	jump in unassisted with 5-7 freestyle strokes no breathing	Introduction to diving board	Introduction to Dives
<b>Level IV</b>	25 yards of freestyle kick with board	25 yards of backstroke kick with board	Chair Breathing refresher	Kickboard breathing drill 12.5-25 yards	10-12 strokes of freestyle (with rhythmic breathing)	25 yards of backstroke	Dive progression seated kneeling standing	Dive in- alligator- freestyle swim 12.5 yards (skill can be with or without breathing)	tread water for 1-2 minutes	Introduction to breaststroke kick (on back)
<b>Level V</b>	25 yards of freestyle kick with board	25 yards of backstroke kick with board	25 yard kickboard breathing drill	25 yards freestyle swim (with rhythmic breathing)	25 yards breaststroke kick (back and front)	breaststroke skill development	Introduction to starting blocks	Introduction to egg beater kick treading component	introduction to butterfly kick	Dive- streamline- freestyle- finish
<b>Level VI</b>	Review Freestyle	Review backstroke	Continue breaststroke development	25 yards butterfly kick (front & back	introduce butterfly arms	introduce competitive flip turns	develop competitive start & breakout	work on diving skills from board	egg beater tread 2-5 minutes	introduce basic water polo skills

**ALL CLASSES WILL PROVIDE INSTRUCTION ON:**

- 1- Basic water safety
- 2- How to enter the pool safely
- 3- Learning the importance of knowing your limits
- 4- Reach Throw Don't Go
- 5- How to call for help

**FINAL GOALS OF EACH LEVEL**

Level I is designed to introduce your child to the water- teach them skills to build their confidence to swim unassisted

Level II will lay the foundation of swimming fundamentals- streamline, freestyle, arms and kick are all main components of this level

Level III will develop skills to better your child's freestyle & backstroke. This level will introduce to rhythmic breathing

Level IV will begin to perfect rhythmic freestyle breathing and work to build your child's endurance. The instructor will look to introduce breaststroke kick

Level V will provide your child with the necessary skills to participate in age group swim team

Level VI will parallel many of the skills needed to join the developmental 8 & under age group team- working on endurance and stroke development in a smaller setting