

# SwimAmerica Swimming Lessons: Teaching Objectives by Station

Station	Additional Skills	Advancement Skills
<b>Station 1</b> <i>Beginner Lessons</i>	<ul style="list-style-type: none"> <li>➤ Ears touch water</li> <li>➤ Face down and blow bubbles</li> <li>➤ Submerge head</li> </ul>	<ul style="list-style-type: none"> <li>➤ 10 Relaxed bobs</li> </ul>
<b>Station 2</b> <i>Beginner Lessons</i>	<ul style="list-style-type: none"> <li>➤ Static back float arms by side</li> <li>➤ Static SL front float</li> </ul>	<ul style="list-style-type: none"> <li>➤ Five seconds of front glide and recover</li> <li>➤ Five seconds of back glide and recover</li> </ul>
<b>Station 3</b> <i>Beginner Lessons</i>	<ul style="list-style-type: none"> <li>➤ Back kick arms by side with dumbbells</li> <li>➤ SL Kick on front while holding dumbbell</li> </ul>	<ul style="list-style-type: none"> <li>➤ 15 feet streamline kick on front</li> <li>➤ 15 feet back kick arms a/side</li> </ul>
<b>Station 4</b> <i>Beginner Lessons</i>	<ul style="list-style-type: none"> <li>➤ Flutter kick with kick board on front</li> <li>➤ Kick on back with one arm extended above shoulder and the other by side</li> <li>➤ Treading water</li> </ul>	<ul style="list-style-type: none"> <li>➤ 20 feet side glide &amp; kick</li> <li>➤ 20 feet crawl stroke without breathing</li> </ul>
<b>Station 5</b> <i>Advanced Lessons</i>	<ul style="list-style-type: none"> <li>➤ 10 kicks front/10 kicks back with arms at side</li> <li>➤ 4 Crawl strokes then rotate to back and kick with one arm up &amp; one arm by side</li> <li>➤ 4 Crawl strokes then side glide</li> <li>➤ Sitting and kneeling dive</li> </ul>	<ul style="list-style-type: none"> <li>➤ <a href="#">Freestyle</a> with a minimum of 4 breaths</li> </ul>
<b>Station 6</b> <i>Advanced Lessons</i>	<ul style="list-style-type: none"> <li>➤ SL kick on back</li> <li>➤ Facedown side glide turning head to breathe <i>(not lifting head to breathe)</i></li> <li>➤ <a href="#">Underwater streamline push off</a></li> <li>➤ Compact dive</li> </ul>	<ul style="list-style-type: none"> <li>➤ 25 yards Freestyle swim</li> <li>➤ Half pool <a href="#">Backstroke</a> swim</li> <li>➤ One minute treading water</li> </ul>
<b>Station 7</b> <i>Advanced Lessons</i>	<ul style="list-style-type: none"> <li>➤ Free &amp; Back swim with fins</li> <li>➤ Dolphin kick</li> <li>➤ Standing and stride dive</li> </ul>	<ul style="list-style-type: none"> <li>➤ 50 yards Freestyle</li> <li>➤ 25 yards Backstroke</li> <li>➤ Half pool Breaststroke kick</li> </ul>
<b>Station 8/9</b> <i>Advanced Lessons</i>	<ul style="list-style-type: none"> <li>➤ Under streamline push off with two dolphin kicks then break out</li> <li>➤ Butterfly with fins</li> <li>➤ Racing start from side of pool</li> <li>➤ Start from blocks</li> <li>➤ Freestyle flip turns</li> </ul>	<ul style="list-style-type: none"> <li>➤ 25 yards Breaststroke</li> <li>➤ 25 yards Butterfly</li> <li>➤ 100 yards Freestyle <i>(Bilateral breath for a minimum of one length)</i></li> </ul>
<b>Station 10</b> <i>Advanced Lessons</i>	<ul style="list-style-type: none"> <li>➤ Breaststroke pull out</li> <li>➤ Open turns</li> <li>➤ Backstroke flip turns</li> </ul>	<ul style="list-style-type: none"> <li>➤ 300 yards Freestyle</li> <li>➤ 100 yards Backstroke</li> <li>➤ 100 yards IM</li> </ul>