

# Skills Progression & Advancement Goals

## Station 1 - "BUBBLES"

### Skills To Be Learned

1. Gradual water adaptation
2. Movement in the water
3. Breath holding and release
4. Submersion of the face
5. Opening eyes underwater
6. Blowing bubbles
7. Wall Bobs with bubbles and air exchange

### Advancement Goals

1. 10 relaxed Wall Bobs

## Station 2 - "FLOATS AND GLIDES"

### Skills To Be Learned

8. Front float and recover
9. Front glide and recover
10. Back float and recover
11. Back glide and recover
12. Jumping Bobs
13. Streamline Bobs

### Advancement Goals

2. Front glide and recover-5 seconds
3. Back glide and recover-5 seconds

## Station 3 - "KICKING"

### Skills To Be Learned

14. Porpoising
15. Front kick, glide, and recover
16. Back kick, glide, and recover
17. Dolphin kick, glide, and recover
18. Seesaw Body movement
19. Sitting on the kickboard sculling

### Advancement Goals

4. Front kick-15 feet
5. Back kick-15 feet

## Station 4 - "CRAWL STROKE"

### Skills To Be Learned

20. Rollover - front to back, back to front
21. Finning and sculling
22. Side-glide-kick
23. Crawl armstroke
24. Backwards Bobs
25. Somersaults forward and back

### Advancement Goals

6. Side-glide-kick, 20 ft..
7. Crawl stroke, 20 ft. (no breathing)

## Station 5 - "FREESTYLE"

### Skills To Be Learned

26. Crawl stroke with breathing
27. Back crawl stroke
28. Double somersaults
29. Handstands
30. Horizontal head first sculling

### Advancement Goals

8. Crawl stroke with breathing  
(30 feet minimum of 4 breaths)

## Station 6 - "BACKSTROKE"

### Skills To Be Learned

31. Extended freestyle swimming
32. Tread water
33. Jump in and tread water
34. Sitting dive
35. Kneeling dive
36. Standing dive

### Advancement Goals

9. Swim freestyle 75 ft.
10. Swim backstroke 30 ft.
11. Tread water for 1 minute

## Station 7 - "BREASTSTROKE & BUTTERFLY"

### Skills To Be Learned

37. Breaststroke kick
38. Breaststroke swim
39. Butterfly arms
40. Butterfly swim
41. Windshield Wiper w/seesaw

### Advancement Goals

12. Swim freestyle 50 yds.
13. Swim backstroke 25 yds.
14. Kick breaststroke 20 ft.

## Station 8 - "TURNS"

### Skills To Be Learned

42. Freestyle with bilateral breathing
43. Turns

### Advancement Goals

15. Swim freestyle for 100 yds. (using  
bilateral breathing for 25 yds. of the  
swim)
16. Swim 25 yds. Breaststroke
17. Swim 30 ft. Butterfly

## Station 9 - "LIFETIME STROKES"

### Skills To Be Learned

44. Sidestroke kick
45. Sidestroke swim
46. Elementary backstroke

### Advancement Goals

18. Swim 200 yds. Freestyle, bilateral breathe for one continuous 50 yd.
19. Swim 25 yds. Butterfly
20. Swim 50 yds. Breaststroke
21. Swim 50 yds. Elementary Backstroke
22. Swim 50 yds. Sidestroke

## Station 10 - "INDIVIDUAL MEDLEY"

### Skills To Be Learned

47. Extended swimming and technique refinement in all major strokes and turns

### Advancement Goals

23. Swim 300 yds. Freestyle.
24. Swim 100 yds. Backstroke
25. Swim 100 yds. Individual Medley