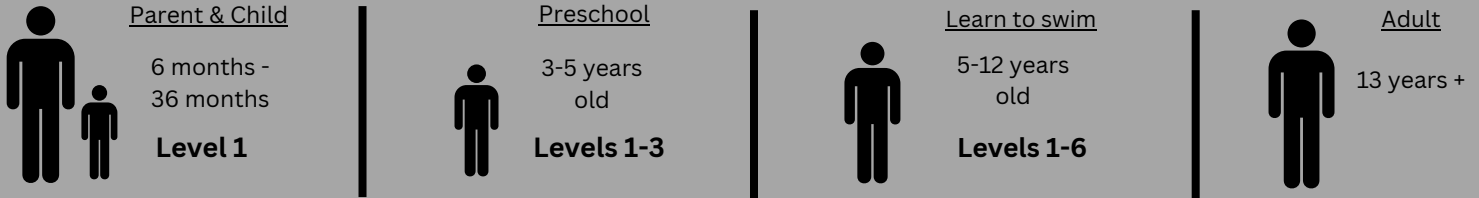




SWIM LESSON GUIDE

Identify the student age group



Stage of readiness

Can the student respond to verbal cues and go underwater voluntarily?

NO

PRESCHOOL 1-2

Can the student independently float on front and back?

NO

PRESCHOOL 3

Can the student swim 10 yards on his or her front and back?

NO

LEARN TO SWIM 1-2

Can the student swim 15 yards of both front and back crawl?

NO

LEARN TO SWIM 3

Can the student swim 50 yards of both front and back crawl?

NO

LEARN TO SWIM 4-6

Can the student swim 500 yards using all 4 standard strokes (freestyle, backstroke, breaststroke, butterfly)?

NO

INTRO TO SWIM TEAM

Is the student under the age of 13?

NO

INTRO TO SWIM ADULTS