Preschool Lessons: Age 3-5 years

Flotation devices and simplified swimming strokes help the child gain confidence and endurance.

- Willingly put face in the water when asked, five bobs with bubbles, getting a breath each time
- Release from the wall, swim/paddle away, turn, paddle back to the wall
- Front and back float 10 seconds, take a breath, and recover
- With an IFD paddle stroke 5 yards front and kick on back 5 yards
- Gain self-confidence
- Swim 5ft of each without an IFD:
  - Paddle on front
  - Paddle on back
  - Paddle on side

- Push off the wall, swim/paddle 5 feet, turn, and grab the wall
- Front and back float 20 seconds, take a breath and recover
- Jump in with IFD, paddle stroke, kick on back 10 yards
- Swim 15 feet of each without an IFD:
  - Swim on front with face in arms reaching out
  - Swim on back with horizontal position
  - Swim on side with alternating arms

- Front and back float 30 seconds without an IFD
- Tread water 30 seconds with an IFD
- Jump in deep end, swim 5 feet, back float 10 seconds and return
- Hold the HELP position 1 minute
- Bob 10 times in shallow water, getting a breath each time
- Swim 20 feet of each without an IFD:
  - Front crawl with side breathing
  - Basic breaststroke with rhythmic breathing
  - Side alternating paddles
  - Backstroke with straight arms
  - Basic elementary backstroke with glide

Ray and Starfish are combined at Mukilteo

- Jump into deep water, swim up 5-7 feet
- Head-first surface dive
- Front and back float 1 minute without an IFD
- Tread water 30 seconds without an IFD
- Jump into deep water, swim 15 feet, back float 10 seconds, and return
- Bob 10 times on deep water, getting a breath each time
- Swim 40 feet without a float belt of each:
  - Crawl stroke with side breathing
  - Breaststroke with glide and rhythmic breathing
  - Sidestroke with scissor kick
  - Backstroke with straight arms and horizontal position
  - Elementary backstroke with glide
**Youth Lessons: Age 6-12 years**

Progressive swim lessons take the child from the basics through to a competitive level, with an emphasis on water safety.

- Walk or swim away from the pool wall, turn around, reach and grab the wall
- Front and back float 30 seconds without and IFD, recover/stand
- Jump in and return to the side without assistance
- Jump in deep water with an IFD swim 10 yards on front, kick on back 10 yards
- Gain Self-Confidence
- Paddle for 20 feet without an IFD of each:
  - *Front Paddle with face in the water*
  - *Back paddle with horizontal body position*
  - *Side paddle with ear in the water*
- Front and back float 1 minute without IFD, recover/stand
- Tread water 30 seconds without an IFD
- Jump into deep water, swim up 5-7 feet, paddle 15 ft, back float 10 seconds, and return without IFD
- Perform 10 bobs in deep water, getting a breath each time
- Swim for 25 yards without an IFD of each:
  - Front crawl and rotary breathing
  - Basic breaststroke with rhythmic breathing
  - Side alternating paddle
  - Back crawl with straight arms
  - Basic elementary backstroke
- Tread water 1 minute with and effective kick/Circle Kick for 1 minute
- Bob 10 times in deep water, getting a breath each time
- Kneeling dive off deck
- Swim 25 yards of each (all with GOOD form):
  - Front Crawl with side breathing and arms glide front
  - Basic sidestroke with scissor kick
  - Back crawl with opposite straight arms
  - Elementary backstroke with glide & symmetrical whip kick
  - Basic breaststroke with rhythmic breathing, glide & symmetrical whip kick
Youth Lessons: Age 6-12 years
Progressive swim lessons take the child from the basics through to a competitive level, with an emphasis on water safety.

- Float 6 minutes with minimum movement front or back without an IFD
- Tread water 3 minutes using a combination of kicks
- Head-first and feet-first surface dive own 6-8 feet
- Swim 50 yards of each:
  - Crawl stroke with side breathing and open turns
  - Breaststroke with pull, breath, kick, glide rhythm and open turns
  - Elementary backstroke with glide
  - Backstroke with body roll, bent arm pull, and open turns
  - Sidestroke with scissor kick and glide
  - Basic butterfly (15 yards only)
  - Scull head first and feet first, 45ft each

Fish and Flying Fish are Combined at Mukilteo

- Tread water 6 minutes using all four kicks: single, double, circle, and rotary
- Swim under water 3-4 body lengths with modified breaststroke
- Freestyle flip-turn for crawl and back stroke
- Kneeling dives with streamline (focus on distance and body position)
- Swim 100 yards of each (focus on efficiency):
  - Crawl stroke with bilateral breathing and open turns
  - Breaststroke with proper rhythm and open turns
  - Elementary backstroke with flexed hips and glide
  - Backstroke with body roll, bent arm pull, and open turns
  - Sidestroke (alternate sides) with scissor kick
  - Lifesaving stroke (50 yards)
  - Butterfly (25 yards)

- Take your own heart rate and swim within target heart rate range
- Swim 200 yards individual medley (fly, back, breast, crawl)
- Start dives with step up, take your mark, and go!
- Swim 100 yards of each (focus on endurance and pace):
  - Crawl stroke with streamline, body roll, and flip turns
  - Breaststroke with pull-out and glide
  - Inverted breaststroke (50 yards)
  - Backstroke with dolphin kick/streamline and flip turns
  - Over arm sidestroke (50 yards)
  - Butterfly with push off wall and streamline