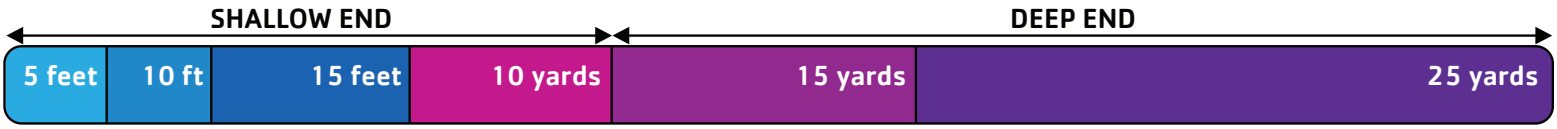

Swim Progression Decision Tree

Can the student respond to verbal cues and jump on land?

N → **Stage A**
Accompanied by a parent, infants and toddlers are introduced to the swimming environment through exploration

Y

Is the student comfortable working with an instructor without a parent in the water?

N → **Stage B**
Parents work with their children to explore fundamental safety and swimming skills.

Y

Will the student go underwater voluntarily?

N → **Stage 1**
Students learn and practice water safety skills that help them become comfortable with underwater exploration

Y

Can the student do a front and back float on his or her own?

N → **Stage 2**
Students practice water safety skills that help them move forward across the pool

Y

Can the student swim 10 – 15 yards on his or her stomach and back?

N → **Stage 3**
Students practice water safety skills that help them increase swim distance across the pool

Y

Can the student swim 15 yards of front and back crawl and tread water for 1 minute?

N → **Stage 4**
Students practice skills that build stamina while learning strokes

Y

Can the student swim 25 yards of front crawl and back crawl, and 15 yards of breaststroke and butterfly?

N → **Stage 5**
Students continue building stamina and stroke technique

Y

Can the student swim 50 yards of all competitive swim strokes: front crawl, back crawl, breast stroke and butterfly?

N → **Stage 6**
Students prepare for competitive swimming