

WSD AQUATICS PROGRAM PROGRESSIVE SKILL CHART

	1	2	3	4	5	6	7	8	9	10	
L I	Introduction to the Water	Flutter Kick on Wall Front & Back 10 Seconds	Flutter Kick 15 Feet with or w/out Floatation (head can be up)	Front Float and Back Float (with help)	Rolling Front to Back to Front (with help)	Kick on Wall 10 Seconds Blowing Bubbles	5 Bobs on Wall	Beginner Kicking & Blowing Bubbles 20 Feet	Front Arm Strokes & Kick 15 Feet with or w/out Floatation	Introduction to Front Crawl	Most of level completed with floatation
L II	Jump in Shallow Water Following Proper Rules	Kick with Floatation While Submerging Face	Front Float and Back Float for 5 Seconds	Rolling Front to Back to Front (unassisted)	Flutter Kick on Wall for 20 Seconds	10 Bobs Shallow End Away from Wall and Treading	Prone Glide 15 Feet with Beginner Kick & Breathing	Sitting Dive, Swim 25 Feet with beginner breathing	Introduction Deep Water Treading using Individual Floatations	Introduction to Prone Gliding and Retrieving Items from Bottom	Skills can be done with or without floatation
L III	Prone Glide & Kick 20 Feet	Retrieve Item from Bottom of Shallow End of Pool	Rhythmic Breathing 15 times without Arm Strokes	Back Glide Scull and Kick for 1 Width	Squat or Sit Dive & Swim Width of Pool (dive rules)	Tuck & Jellyfish Floating Skills	Front Crawl 1 Width with Breathing	Jump in Deep Water and Swim to Side of Pool	Introduction to treading Water in Deep Water	Introduction to Back Crawl Skills with Flutter Kick 1 Width	Skills must be done without floatation
L IV	Knee Dives	Reviewing Front Crawl	Front Crawl 1 Length of Pool with Proper Breathing	Back Crawl Skills with Flutter Kick 1 Width	Deep Water - 5 Bobs on Wall & then Tread Water 30 Seconds	Reaching Extensions (with arm, leg, and object)	Survival Stroke (Focus on Elementary Back)	Jump in from Board, Tread and Swim to Wall	Introduction to Standing Dives	Introduction to Breaststroke	Stroke development
L V	Standing Dives (deep water)	Reviewing Front & Back Crawl Skills	1 Length freestyle followed with 1 Length of Backstroke	Breaststroke Skills & Swim Width with Correct Kick	Survival Stroke (Focus on Breaststroke with Headup)	15 Bobs Deep End, Survival Float (1 min) and Tread (1 min)	Jump from board with PFD, take PFD on & off in deep water	Introduction 1 Meter Board Standing Dive	Intro scissors kick - 1 width using kickboard	Introduction to Butterfly & Dolphin kick	Stroke Refinement
L VI	Reviewing Front & Back Crawl, and Breaststroke	Butterfly Skills	Individual Medley (Fly, Bk, Br, Fr)	Introduction competitive starts & turns	Survival Strokes (Focus on Sidestroke)	Ring Buoy Throw 20 feet to a victim	25 bobs, deep end survival float 5 min and back float for 5 min	Surface Dives Underwater and Swim 20 Feet	Retrieve Item Bottom of Deep End of Pool	1 meter board proper approach & dive	Stroke proficiency

All Classes Should Stress the Following Additional Items:

1. Basic Water Safety Around the Pool
2. Always Ask to Enter the Pool (Adult Supervision)
3. Proper Ways to Enter the Pool Safely
4. Know When its time to take a Break and Only Calling for Help when Needed (Never Cry Wolf)
5. Know How to Call for Help
6. Importance of Wearing a Life Jacket When Needed

Students must perform each skill properly in order to advance to the next level. Tests will be performed during the final scheduled lesson date.