



Infant & Toddler / Preschool Skill Continuum

This continuum outlines the skills taught at each stage for infants, toddlers, and preschool-age children. Though school-age children, teens, and adults also learn the skills listed in stages 1–4, they achieve distinct milestones compared to preschool-age children. As a result, their skills are presented in a separate skill continuum.

| | A Water Discovery | B Water Exploration | 1 Water Acclimation | 2 Water Movement | 3 Water Stamina | 4 Stroke Introduction |
|----------------|--|---|--|---|---|---|
| Breath control | Blow bubbles on surface, assisted | Blow bubbles mouth & nose submerged, assisted | Submerge bob independently | Submerge look at object on bottom | Submerge retrieve object in chest-deep water | |
| Swim on front | Front tow chin in water, assisted Front float chin in water, assisted | Front tow blow bubbles, assisted Front float blow bubbles, assisted | Front glide assisted, to wall, 5 ft. Front float assisted, 10 secs., recover independently | Front glide 5 ft. Front float 10 secs. | Swim on front 10 yd. | Front crawl rotary breathing, 15 yd. Breaststroke kick, 15 yd. Butterfly kick, 15 yd. |
| Swim on back | Back float assisted, head on shoulder Back tow assisted, head on shoulder | Back float assisted, head on chest Back tow assisted, head on chest | Back float assisted, 10 secs., recover independently Back glide assisted, at wall, 5 ft. | Back float 10 secs. Back glide 5 ft. | Swim on back 10 yd. | Back crawl 15 yd. |
| Water safety | Roll assisted, back to front & front to back Wall grab assisted | Roll assisted, back to front & front to back Monkey crawl assisted, on edge, 5 ft. | Water exit independently Roll assisted, back to front & front to back | Water exit independently Roll back to front & front to back Tread water 10 secs., near wall, & exit | Water exit independently Roll back to front & front to back Tread water 30 secs. & exit | Dive sitting Resting stroke elementary backstroke, 15 yd. Tread water scissor & whip kick, 1 min. |
| Benchmark | Water exit parent & child together Water entry parent & child together | Water exit assisted Water entry assisted | Jump, push, turn, grab assisted Swim, float, swim assisted, 10 ft. | Jump, push, turn, grab Swim, float, swim 5 yd. | Jump, swim, turn, swim, grab 10 yd. Swim, float, swim 15 yd. | Endurance any stroke or combination of strokes, 25 yd. |



School-Age / Teen & Adult Skill Continuum

This continuum outlines the skills taught at each stage for school-age children, teens, and adults. Though preschool-age children also learn the skills listed in stages 1–4, they achieve distinct milestones compared to school-age children, teens, and adults. As a result, their skills are presented in a separate skill continuum.

| | 1 Water Acclimation | 2 Water Movement | 3 Water Stamina | 4 Stroke Introduction | 5 Stroke Development | 6 Stroke Mechanics |
|-----------------------|--|---|--|---|--|---|
| Breath control | Submerge bob independently | Submerge look at object on bottom | Submerge retrieve object in chest-deep water | | | |
| Swim on front | Front glide assisted, to wall, 5 ft. Front float assisted, 10 secs., recover independently | Front glide 10 ft. Front float 20 secs. | Swim on front 15 yd. | Front crawl rotary breathing, 15 yd. Breaststroke kick, 15 yd. Butterfly kick, 15 yd. | Front crawl bent-arm recovery, 25 yd. Breaststroke 25 yd. Butterfly simultaneous arm action & kick, 15 yd. | Front crawl flip turn, 50 yd. Breaststroke open turn, 50 yd. Butterfly 25 yd. |
| Swim on back | Back float assisted, 10 secs., recover independently Back glide assisted, at wall, 5 ft. | Back float 20 secs. Back glide 10 ft. | Swim on back 15 yd. | Back crawl 15 yd. | Back crawl pull, 25 yd. | Back crawl pull & flip turn, 50 yd. |
| Water safety | Water exit independently Roll assisted, back to front & front to back | Water exit independently Roll back to front & front to back Tread water 10 secs., near wall, & exit | Water exit independently Roll back to front & front to back Tread water 1 min. & exit | Dive sitting Resting stroke elementary backstroke, 15 yd. Tread water scissor & whip kick, 1 min. | Dive kneeling Resting stroke sidestroke, 25 yd. Tread water scissor & whip kick, 2 mins. | Dive standing Resting stroke elementary backstroke or sidestroke, 50 yd. Tread water retrieve object off bottom, tread 1 min. |
| Benchmark | Jump, push, turn, grab assisted Swim, float, swim assisted, 10 ft. | Jump, push, turn, grab Swim, float, swim 5 yd. | Jump, swim, turn, swim, grab 10 yd. Swim, float, swim 25 yd. | Endurance any stroke or combination of strokes, 25 yd. | Endurance any stroke or combination of strokes, 50 yd. | Endurance any stroke or combination of strokes, 150 yd. |