

Stage Four

Stroke Improvement

- Develop confidence
- Head first entries
- Swim underwater
- Feet first dives
- Survival swimming
- Front crawl
- Back crawl
- Elementary backstroke
- Breaststroke
- Sidestroke
- butterfly
- Flutter kick
- Dolphin kick
- Age appropriate water safety



Stage Five

Stroke Refinement

- Further coordination
- Refinement of strokes
- Tuck/pike surface dives
- Front flip turns
- Backstroke flip turns
- Front crawl
- Back crawl
- Breaststroke
- Butterfly
- Sculling
- Sidestroke
- Age appropriate water safety

Swimming Stages

Swim Academy

From Bubbles to Butterflies



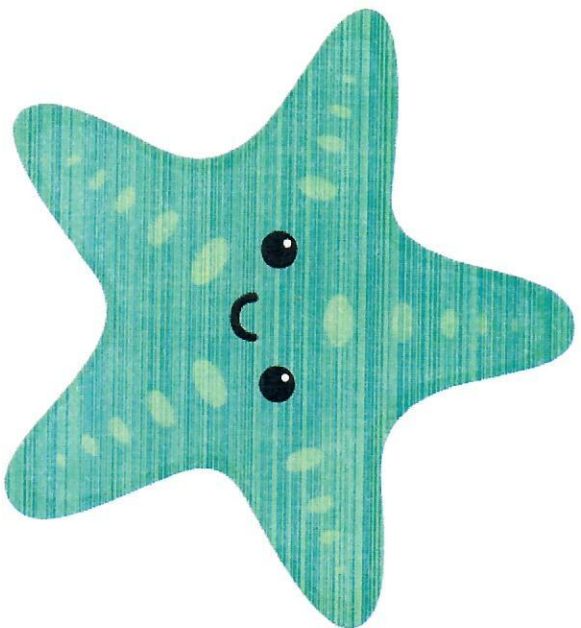
CLASS

DESCRIPTIONS

25701 Interstate 45 N ²⁸¹³⁶⁷ ₇₅₁₆ ¹⁰ ₁₀
 Spring TX 77380

Phone: (832)557-5268

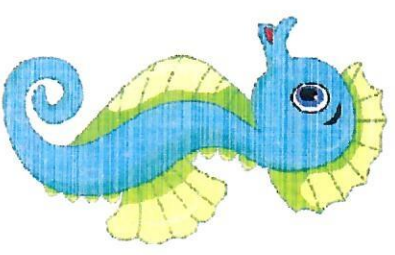
www.swimmingstages.org



Stage Two

Fundamental Aquatic Skills

- Fully submerge
- Hold breath
- Bobbing
- Open eyes/retrieve objects
- Jellyfish/tuck floats
- Roll from your front to back
- Roll from your back to front
- Combine arm and leg action
- Finning arm action
- Age appropriate water safety



Stage Three

Stroke Development

- builds on other two stages
- Additional practice in deeper water
- Enter water by jumping from side
- Head first entries
- Bobbing
- Rotary breathing
- survival floats
- Back floats
- Front crawl
- elementary backstroke
- Age appropriate water safety

Stage One

Intro to Basic Skills

- Help participants feel comfortable
- Enter and exit the pool
- Breath control/bubbles
- Tread water
- Front/back glides
- "streamline"

