



Fairbank Aquatic Center  
Swimming Lesson  
Curriculum

Group Introduction to Water:

Water introduction with guardian is 5 classes and limited to children 2 through 3 years old. **AN ADULT OR ABLE PERSON AT LEAST 14 YEARS OLD WHO WILL ASSIST IN THE WATER MUST ACCOMPANY water introduction students as these children require one on one contact to insure a safe learning environment.**

Skills taught:

- Getting wet
- Lifting in
- Front kick
- Passing
- Scooping
- Back float
- Water entry
- Exploring
- Prone glide
- Bubble blowing
- Drafting
- Safety information
- Arm movement, prone position
- Rolling over from back to front and front to back
- Introduction to lifejackets
- Safe water exit



Group I: Starfish

Skills taught:

- Walk in water
- Run in water
- Face in water to ears and blow bubbles
- Face in water to ears and hold breath 10 seconds
- Face in water eyes open
- Face in water, eyes open, and pick up object
- Kick with pointed toes
- Prone glide or face float 3 seconds
- Face float and kick
- Face float, kick, reach and pull
- Back float with aid
- Back float
- Back float with kick and arms
- Jump to teacher to adjust to deeper water
- Jump without teacher



Group II: Stingray

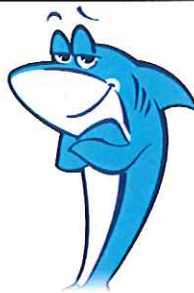
Skills taught:

- 10 bobs counting out loud when coming out of the water
- Blow bubbles 7 seconds
- Submerge 2 seconds holding breath
- Open eyes underwater
- Back float without assistance 7 seconds
- Front float without assistance 7 seconds
- Face the wall, hold onto wall and kick with pointed toes, face in water
- Hold on to wall and kick on back with pointed toes
- Kick 1/2 width of pool with board on front
- Kick 1/2 width of pool with board on back
- Swim 1/2 width of pool w/out assistance (doggy paddle)
- Jump into shallow water with assistance if needed
- Lifejacket safety

Group III: Dolphins

Skills taught:

- 15 bobs counting out loud when coming out of the water
- Submerge and swim underwater 5 yards
- Retrieve object from bottom of the pool
- Front float 7 seconds
- Back float 12 seconds
- Kick w/board on front the width of the pool
- Kick w/board on back the width of the pool



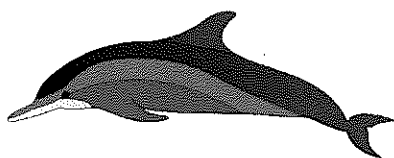
Group IV: Sharks

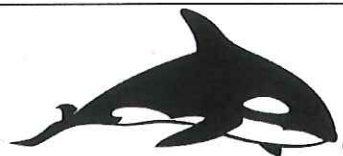
Skills taught:

- Submerge and swim underwater 5 yards
- Rotary breathing on wall with arms

- Kick w/board the width of pool with face in water doing rotary breathing
- Introduction to coordination of freestyle arms and kick
- Introduction of backstroke arms
- Coordinate backstroke arms with kick
- Jump in deep water without assistance, swim on back to wall
- Diving safety

- Streamline introduction
- Front glide 1/2 width of pool with flutter kick (streamline)
- Back glide 1/2 width of pool with flutter kick (streamline)
- Rotary breathing with board and arms 1/2 width of pool
- Streamline, rotary breathing 1/2 width of pool (freestyle)
- Backstroke 1/2 width of pool
- Introduction to breaststroke kick
- Breaststroke kick w/ board 1/2 width of pool
- Introduction to backstroke kick
- Introduction to elementary backstroke arms
- Elementary backstroke kick 1/2 width of pool with board
- Survival float one minute
- Jump off diving board
- Tread water 30 seconds





### Group V: Killer Whales

#### Skills taught:

- Freestyle 1 width of pool
- Backstroke 1 width of pool
- Swim elementary backstroke 1 width of the pool
- Introduction to breaststroke arms
- Coordinate breaststroke arms and legs
- Swim breaststroke the width of pool
- Introduction to sidestroke kick
- Sidestroke kick the width of pool
- Introduction to sidestroke arms
- Coordinate sidestroke arms and legs the width of pool
- Forward somersault in the water
- Backward somersault in the water
- Survival float 3 minutes
- Caring for breathing emergencies
- Standing dive
- Tread water 1 minute
- Jump or dive off diving board
- Lifejacket safety



### Group VI: Captains

#### Skills taught:

- Freestyle 2 widths of pool
- Backstroke 2 widths of pool
- Breaststroke 2 widths of pool
- Sidestroke 2 widths of pool
- Elementary backstroke 2 widths of pool
- Open turn for breaststroke
- Open turn for backstroke
- Freestyle flip turns
- Backstroke flip turns
- Feet first surface dive
- Pike surface dive
- Tuck surface dive
- Tread water 7 minutes with combination of kicks and hands and no hands
- Touch bottom of pool in deep water, recover an object
- Dive off diving board
- Reaching assists
- Throwing assists