



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Continuum

# Teen & Adult Skill Continuum

## Advanced Progression

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