

MAFC Swim Lesson Guide

Level 1: All Skills Assisted

- Enter/Exit Water
- Blow Bubbles
- Retrieve Submerged objects
- Back Float
- Front Float
- Back Glide
- Front Glide
- Front Kicks
- Back Kicks
- Front Scoops
- Back Scoops
- Double arm scoops forward
- Double arm scoops backward

Level 2: Skills Are Unassisted

- Jump in water
- Bobs
- Retrieve Submerged objects
- Back Float unassisted- 5 sec
- Front Float unassisted- 5 sec
- Back Glide unassisted
- Front Glide unassisted
- Front Kicks with scoops
- Back Kicks with scoops
- Elementary Back Stroke
- Breaststroke kicks
- Breaststroke arms
- Roll from front to back
- Roll from back to front

Level 3: Swimming Completely on Own

- Jump in water and submerge and resurface
- Retrieve Submerged objects and swim back to wall
- Rotary breathing on wall
- Front glide with flutter kicks
- Back glide with flutter kicks
- Front float unassisted- 10 sec
- Back float unassisted- 10 sec
- Roll from back to front and swim to wall
- Roll from front to back and swim to wall
- Dolphin kicks
- Butterfly arms
- Backstroke- 5 yards
- Breaststroke- 5 yards
- Tread water- 10 seconds and swim to wall

Level 4: Learning Stroke Technique

- Rotary breathing with flutter kicks
- Streamline underwater
- Freestyle 15 yards
- Backstroke 10 yards
- Breaststroke 10 yards
- Butterfly 10 yards
- Sitting dives

Intro to Swim Team: Ready for Swim Team

- Freestyle- 25yd
- Backstroke- 25yd
- Breaststroke- 25yd
- Butterfly- 25yd
- Flip turns
- Open Turns
- Kneeling Dives
- Standing Dives

** Can start introducing “drills”**