

# 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" \*\*