

Swim School® Curriculum Chart



Achievement Levels					
	WHITE	RED	YELLOW	BLUE	GREEN
Skill Steps[^]	<i>Focus: Readiness[^]</i>	<i>Focus: Body position and air exchange</i>	<i>Focus: Forward movement and direction change</i>	<i>Focus: Streamlines and side breathing position[^]</i>	<i>Focus: Water Competency[^]</i>
	Safely enter and exit the water	Float on the front and back (assisted and unassisted)	Beginner stroke on the front (face in)	Front and back streamline with kick	3 strokes STOP drill
	Pour water over the head and face	Bobbing 5 times	Beginner stroke on the back	Swim underwater 1 m/3 ft	3 strokes ROLL & REST drill
	Tuck and stand from the front	Tuck and stand from the back	Beginner stroke with direction change	Side breathing position with kick	3 x 3 SWIM drill
	Breath hold and look underwater (with and without goggles)	Kicking on the front and back	Roll to the back from front beginner stroke	Side-roll-side with kick 5 m/15 ft	Tread water 40 seconds
					Headfirst entries if water depth over 6 ft/1.8 m available (sit/squat/stand)
Safety Skill Benchmark	Always ask permission before getting in the water	Put on a lifejacket, jump in, float on back, kick 3 m/10 ft	Tread water 10 seconds [^]	Reach or throw assist with flotation [^]	Disorienting entries and recover* [^]
Swim Skill Benchmark	Assisted submersion, relaxed, for 5 seconds	Jump or roll in, get onto the back and float for 5 seconds*	Swim-roll-swim 10 m/30 f [^]	Side-roll-side with kick 10 m/30 f [^]	Starfish SaferSwimmer Award Ask permission and complete without stopping: jump or roll into water over the head, resurface and tread water 1 minute, swim 50 m/yd with any arm/leg actions on the front or back [^]

[^]3.0 update

* in swimwear and in regular clothes