MACOMB TOWNSHIP
Learn–To–Swim
Program

BUBBLES	
1 x bob – face fully submerged showing bubbles	**✓'s for completed skills**
3 x bobs – face fully submerged showing bubbles	**Skills should be done independently**
5 x bobs – face fully submerged showing bubbles	**unless noted "w/help"**

FLOATS	
On Front	***On Back***
Starfish Float 3 seconds – w/help	Starfish Float 3 seconds – w/help
Starfish Float 5 seconds – w/soft kicks	Starfish Float 5 seconds – w/soft kicks

GLIDES	
On Front	***On Back***
Superman Glide – 1 yd. – face in water – to wall	Bird Arms & Legs – 3 yds. w/help
Superman Glide – 1 yd. – face in water – to instructor	Bird Arms & Legs – 5 yds. w/3 second glides
Superman Glide – 3 yds. – face in water – both directions	Bird Arms & Legs – 10 yds. w/3 second glides

KICKS	
On Front	***On Back***
3 yds. – w/kickboard – w/help	3 yds. – w/kickboard – w/help
5 yds. – w/discs – face in water	5 yds. – w/discs
15 yds. – w/kickboard - face in water	15 yds. – w/kickboard in streamline

STROKES	
On Front	***On Back***
Big arm circles (scoops) – 3 yds. w/help & one breath	Big arm circles (scoops) – 3 yds. w/help
Big arm circles (scoops) – 5 yds. – independent breaths	Big arm circles (scoops) – 5 yds.
Freestyle – 10 yds.	Chicken – T – Rocket – 10 yds
	Backstroke – 10 yds

LET'S PUT IT ALL TOGETHER
Jump into pool & recover to wall independently
Starfish float - Front 5 seconds → Back 5 seconds → Front 5 second → Recover to the wall
10 bobs → Tread (1minute) → Float (10 seconds) → Recover to wall
Freestyle – 20 yds. w/streamline & rotary breathing
Backstroke – 20 yds. w/streamline Stroke count with flags
Elementary Backstroke 20 yds. **(Chicken – T – Rocket)**
Ring Retrieval → 5-foot depth