



## **Clearfield Aquatic and Fitness Center – LITTLE WAVES**

### **A Natural Swim Lesson Progression Program for children 3-5 years**

#### **Prerequisite Skill Requirements:**

#### **LITTLE WAVE 1– Duck Dive & Glide**

No prerequisite skills required

#### **LITTLE WAVE 2– Floats & Glides**

Prerequisites:

Completion of Little Wave 1 or Preschool Aquatics 2

Ability to do the following skills:

5 relaxed bobs (rhythmically blowing bubbles with eyes in the water)

Submerge head for 3 seconds

Front Glide for 3 seconds and rollover to the back (assisted)

Back Glide for 3seconds and recover (assisted)

#### **LITTLE WAVE 3 – Stroke, Kick & Glide**

Prerequisites:

Completion of Little Wave 2 or Preschool Aquatics 3

Ability to do the following skills:

10 relaxed bobs rhythmically submerging head and blowing bubbles

Submerge head for 5 seconds

Front Glide with flutter kick for 10 feet then rollover to a back float

Back Glide with flutter kick for 10 feet

Jump in water over head and recover on the back

#### **LITTLE WAVE 4 – Front Crawl & Back Crawl**

Prerequisites:

Completion of Little Wave 3

Ability to do the following skills:

Front Crawl with rollover 12 feet

Back Crawl 12 feet

Bob to safety

Jump in water overhead and return to the wall

Jump in water overhead and recover on the back



# Clearfield Aquatic and Fitness Center– WAVES

## A Natural Swim Lesson Progression Program for children 6 years & older

### Prerequisite Skill Requirements:

#### WAVE 1– Floats and Glides

No prerequisite skills required

#### WAVE 2– Front & Back Crawl

Prerequisites:

Completion of Wave 1 or Level 1

Ability to do the following skills:

10 relaxed bobs

Submerge head for 5 seconds

Front Glide with flutter kick 12 feet then roll over to a back float

Back Glide with flutter kick for 12 feet

#### WAVE 3 – Elementary Backstroke

Prerequisites:

Completion of Wave 2 or Level 2

Ability to do the following skills:

Front Crawl (with rollover breathing) 25 feet

Back Crawl 25 feet

Jump in deep water and return to the wall

Jump in deep water and recover to a back float

#### WAVE 4 – Breaststroke

Prerequisites:

Completion of Wave 3 or Level 3

Ability to do the following skills:

Jump into deep water, swim front crawl 15 yards, tread water for 30 seconds, swim

Elementary backstroke 15 yards

Back Crawl 15 yards

#### WAVE 5 – Butterfly

Prerequisites:

Completion of Wave 4 or Level 4

Ability to do the following skills:

Front Crawl 30 yards with open turns

Back Crawl 30 yards with open turns

Elementary Backstroke 30 yards

Breaststroke 15 yards

#### WAVE 6 – Sidestroke

Prerequisites:

Completion of Wave 5 or Level 5

Ability to do the following skills:

Front Crawl 45 yards with flip turns

Back Crawl 45 yards with flip turns

Elementary backstroke 45 yards

Breaststroke 30 yards with open turns

Butterfly 15 yards

#### WAVE 7 – Swim Team Prep

Prerequisites:

Completion of Wave 5 or Level 5

Ability to do the following skills:

Front Crawl 45 yards with flip turns

Back Crawl 45 yards with flip turns

Breaststroke 30 yards with open turns

Elementary backstroke 45 yards

Butterfly 15 yards

#### WAVE 8 – Springboard Diving

Prerequisites: Completion of Wave 4, Level 4 or above