



curriculum by Starfish Aquatics Institute®

	Focus: freestyle	Focus: backstroke	Focus: butterfly	Focus: breaststroke	Focus: endurance
	Always ask permission before going in the water	Put on a lifejacket while in the water; kick 30 yd.	Use floatation to reach or throw to assist a swimmer; know when and how to call emergency services	Discuss water safety concepts	Tread water or survival float for 2 minutes
	Swim freestyle 30 yd. with body stretch out and consistent form	Swim backstroke 30 yd. with straight arm recovery, body roll, good arm and body extensions	Swim 4 strokes with only one breath, then swim freestyle for the remainder of the pool length	Swim breaststroke 30 yd. with good timing and extension	Swim freestyle 50 yd with rolling motion, high elbow recovery, body stretch Swim backstroke 50 yd with rolling body motion, straight arm recovery, body stretch Swim butterfly 25 yd. with dolphin body motion, straight arm recovery, body stretch Swim breaststroke with 50 yd with proper timing body stretch. Perform freestyle and backstroke flip turn and butterfly and breaststroke open turn