

DuPage Swimming School Curriculum

Level	White	Red	Yellow	Blue	Green	Strokestars
Focus	Trust and Submersion	Streamline Position/ Floating	Forward Movement	Body Rotation	Advanced Stoke Mechanics	Perfection of Stroke Mechanics/Drills
L e a d U P S k i l l s	Ask permission to get in water	Assisted Back Float	Unassisted Front Streamline	Front/Back Steamline	Front/Back Steamline	Freestyle
	Sit independently	Unassisted Back Float	Unassisted Back Steamline	Unassisted Side Glide	Single Switch Freestyle	Finger-tip drag
	Listen and follow directions	Assisted Front Float	Front Streamline Roll to back	Front Streamline Roll to back	Single Switch Backstroke	One arm Freestyle
	Pour water over head	Unassisted Front Float	Back Steamline Roll to front	Back Steamline Roll to front	Drill : Triple Switch Freestyl	Water Polo
	Mouth / Nose Bubbles	Front Kicks	Assisted Side Glide	Drill : Single Switch Freestyle	Survival Float (60 seconds)	Backstroke
	Assisted Back Flost	Back Kicks	Unassisted Side Glide	Drill : Single Switch Backstroke	Triple Switch X 3 Free/Back	Hand Flick
	Assisted Front Float	Assisted roll front to back	Forward Crawl (Freestyle)	Sharkfin Drill	Sitting Dive	Rolling rotation
	Front Kicks	Unassisted roll front to back	Backstroke	Drill : Triple Switch Freestyl	Kneeling Dive	Half up Half Down
	Back Kicks	Assisted roll back to front	Freestyle w/ side breathing	Treading Water (15 seconds)		Breastroke
	Wall Walk	Unassisted roll back to front	Beginning Shark Fin Freestyle	Freestyle breathing		Hands at side
	Climbing out independently	Assisted Front Streamline				Two kicks one pull Breast Pull Fly Kick
	Assisted Jumping	Unassisted Front Streamline				Butterfly
	Unassisted Jumping	Assisted Back Steamline				3,3,3 One arm Fly Arm Flick
Look underwater blowing bubbles	Unassisted Back Steamline					
Benchmark Skills Swimmer must be able to demonstrate all benchmark skills for a level to be moved up. On Deck Coordinator will make the final decision as to whether the student has the necessary skills. Permission from Deck Coordinator required to advance to next level.	Must submerge for 5 seconds while blowing bubbles	Unassisted Back Float 5 seconds	Freestyle w/ side breathing across width of wading pool w/ proper head position, good kicks, arms coming out of water and reaching to front	Side Glide 15 ft (both sides) Side Glide should be perfect Eyes up, chin at shoulder, should not be leaning on back	Triple Switch Freestyle Perfect demonstration of this drill is required. Should be fluid and not robotic.	
	Assisted Back/Front Floats with head in proper position. (Front Float eyes down, Back float eyes up and chin out of water. Child should be comfortable and not tense or scared	Unassisted Front Streamline w/ good kicks and proper head position (eyes looking down at bottom of pool)	Backstroke across width of wading pool w/ proper head position, legs should be near surface when kicking not dragging on pool bottom, and arms coming out of water:arms need to be straight and reaching behind swimmer	Single Switch Freestyle Perfect demonstration of this drill is required. Should be fluid and not robotic.	Swim 25 yards Backstroke w/ good body rotation, and strong kick	
	Unassisted Jumping in the water	Unassisted Back Steamline w/ good kicks and proper head position (eyes looking up and chin out of water)	Unassisted Side Glide across width of wading pool	Single Switch Backstroke Perfect demonstration of this drill is required. Should be fluid and not robotic.	Swim 25 yards Freestyle w/ 1-2-3 breathing pattern and good body rotation	
				Swim 15.5 yards Freestyle and Backstroke with good		

technique

Unassisted Jump in Deep End