

SwimAmerica Swimming Lessons: Teaching Objectives by Station

Station	Additional Skills	Advancement Skills
Station 1 <i>Beginner Lessons</i>	<i>None</i>	➤ 10 Relaxed bobs
Station 2 <i>Beginner Lessons</i>	<ul style="list-style-type: none"> ➤ Static back float arms by side ➤ Static SL front float 	<ul style="list-style-type: none"> ➤ Five seconds of front glide ➤ Five seconds of back glide
Station 3 <i>Beginner Lessons</i>	<ul style="list-style-type: none"> ➤ Review Front and Back Glide 	<ul style="list-style-type: none"> ➤ 15 feet streamline kick on front ➤ 15 feet back kick arms a/side
Station 4 <i>Beginner Lessons</i>	<ul style="list-style-type: none"> ➤ Flutter kick on back with one hand extended above shoulder & one by side ➤ Treading water 	<ul style="list-style-type: none"> ➤ 20 feet side glide & kick ➤ 20 feet crawl stroke without breathing
Station 5 <i>Advanced Lessons</i>	<ul style="list-style-type: none"> ➤ Freestyle - <i>Bubble Stroke, Breathe Stroke</i> ➤ 4 Crawl strokes then kick on back ➤ Position 11 Freestyle Swim ➤ Sitting and kneeling dive 	<ul style="list-style-type: none"> ➤ Freestyle with a minimum of 4 breaths
Station 6 <i>Advanced Lessons</i>	<ul style="list-style-type: none"> ➤ Streamline Backstroke Kick ➤ Underwater streamline push off ➤ Compact & stride dive 	<ul style="list-style-type: none"> ➤ 25 yards Freestyle swim ➤ Half pool Backstroke swim ➤ One minute treading water
Station 7 <i>Advanced Lessons & LMST Bronze Practice Group</i>	<ul style="list-style-type: none"> ➤ Breaststroke Kick - <i>Suit, Flex, Circle, Squeeze</i> ➤ Dolphin kick ➤ Standing dive and racing start from the side of the pool 	<ul style="list-style-type: none"> ➤ 50 yards Freestyle ➤ 25 yards Backstroke ➤ Half pool Breaststroke kick
Station 8/9 <i>Advanced Lessons & LMST Bronze Practice Group</i>	<ul style="list-style-type: none"> ➤ Breaststroke Pull - <i>I, Y, Scoop & Shoot</i> ➤ Butterfly Pull - <i>Diamond, Angel, Swing, Float</i> ➤ Freestyle flip turns ➤ Starts from the blocks 	<ul style="list-style-type: none"> ➤ 25 yards Breaststroke ➤ 25 yards Butterfly ➤ 100 yards Freestyle (<i>Bilateral breath for a minimum of one length</i>)
Station 10 <i>Advanced Lessons & LMST Bronze Practice Group</i>	<ul style="list-style-type: none"> ➤ Breaststroke pull out ➤ Open turns & IM transition turns ➤ Backstroke flip turns 	<ul style="list-style-type: none"> ➤ 300 yards Freestyle with flip turns ➤ 100 yards Backstroke with flip turns ➤ 100 yards IM with legal turns