

# SwimAmerica Advancement Goals

Station	Skills to be learned	Advancement Skills
<b>1 Bubbles</b>	Gradual water adaptation Movement in the water Breath holding and release Submersion of the face Opening eyes underwater Blowing bubbles Bobbing with bubbles and air exchange	10 relaxed bobs
<b>2 Floats and Glides</b>	Front float and recover Front Glide and recover Back float and recover Back glide and recover	Front Glide and recover - 5 seconds Back glide and recover - 5 seconds
<b>3 Kicking</b>	Porpoising Front kick, glide, and recover Back kick, glide, and recover Dolphin kick, glide and recover	Front kick - 15 feet Back kick - 15 feet
<b>4 Crawl Stroke</b>	Rollover - front to back, back to front Finning and sculling Side-glide-kick Crawl	Side-glide-kick, 20 feet Crawl stroke, 20 feet (no breathing)
<b>5 Freestyle</b>	Crawl stroke with breathing Back crawl stroke	Crawl stroke with breathing (30 feet minimum of 4 breaths)
<b>6 Backstroke</b>	Extended freestyle swimming Tread water Jump in and tread water Sitting dive Kneeling dive Standing dive	Swim Freestyle 75 feet Swim backstroke 30 feet Tread water for 1 minute
<b>7 Breaststroke and Butterfly</b>	Breaststroke kick Breaststroke swim Butterfly arms Butterfly swim	Swim Freestyle 50 yards Swim Backstroke 25 yards Kick Breaststroke 20 feet
<b>8 Turns</b>	Freestyle with bilateral breathing Turns	Swim freestyle for 100 yards (using bilateral breathing for 25 yards of the swim) Swim 25 yards Breaststroke Swim 30 feet Butterfly
<b>9 Lifetime Strokes</b>	Sidestroke kick Sidestroke swim Elementary backstroke	Swim 200 yards Freestyle, bilateral breath for one continuous 50 yard Swim 25 yards Butterfly Swim 50 yards Breaststroke Swim 50 yards Elementary Backstroke Swim 50 yards Sidestroke
<b>10 Individual Medley</b>	Extended swimming and technique refinement in all major strokes and turns	Swim 300 yards freestyle Swim 100 yards Backstroke Swim 100 yards Individual Medley