



Spring 2022

New Swimming Progressions

Swimming lessons don't need to be so complicated! The key skills of learning to swim include floating, gliding, movement and breathing. Mountain Kids Swim Lessons wants to offer a simpler way to learn, by offering lots of practice of the fundamentals, while increasing duration and distance a little more every lesson. After teaching swim lessons at 6 different pools over the last 7 years, I have noticed the simpler programs offered the most progress, in the least amount of time. The most important thing is to provide an environment full of trust, respect, and kindness (and of course, fun!) in order to encourage confidence and skill development.

The first stage of learning to swim is starting with the fundamentals. Some skills we talk about or model throughout our swimming time together, others require direct instruction and practice. Most skills we try out assisted first, whether with the help of an aid or with physical support by the Instructor, before taking it to the next step. The difference between Beginner 1 and 2 is being confident enough to be able to perform the skills independently, for longer, and further.

Swimmers need not wait until they finish one set of skills before developing new skills – the best thing about private swim lessons! For example, some swimmers can go twice as far on their back as their front, in which case their competencies can be checked off across multiple skill sets. Up to date skill progression can be viewed by parents/guardians at any time on the new Parent Portal of our new booking and registration system, Jackrabbit Swim.

Our new swim progressions are detailed on the following pages. The focus this Spring, in the leadup to Summertime outdoor swimming, is on Beginner and Intermediate swimmers. Many advanced swimmers are able to participate well in group lessons, so they will have the opportunity to try out some new options outdoors this Summer.



Spring 2022

Beginner 1: Fundamentals	
Safety & Breathing	Supervision & safe choices
	Buoyancy & movement
	Breath control & bubbles
Movement	Kick on front/back with aid – 2m
	Paddle & kick with aid – 2m
	Front/back glides – 2m
	Front/back glides with kick – 2m
Survival Skills	Slipping in & climbing out
	Front/back floats with aid – 5 secs
	Practice: wearing clothes

Beginner 2: Developing Independence	
Safety & Breathing	Supervision & safe choices
	Buoyancy & movement
	Breath control & bubbles
Movement	Kick on front/back with aid – 5m
	Paddle & kick – 5m
	Front/back glides – 5m
	Front/back glides with kick – 5m
Survival Skills	Jumping in & climbing out
	Front/back floats – 5 secs
	Rolling from front to back float
	Roll in/float & return to safety
	Tread water & rest on back – 10 secs
	Survival sculling on back – 8m
	Practice: wearing clothes



Spring 2022

Intermediate 1: Introducing Stokes	
Safety & Breathing	Self-safety & understanding limits
	Decision making & judgement
	Exhalation with face in water
Movement	Front/back glides with kick – 10m
	Front crawl – 10m
	Back crawl – 10m
	Whip kick – 10m
	Sitting dive
Survival Skills	Front/back floats in deep water – 10 secs
	Tread water & rest on back – 20 secs
	Roll in/float/tread & return
	Survival sculling on back – 15m
	Survival backstroke – 15m
	Practice: wearing winter clothes

Intermediate 2: Increasing Endurance	
Safety & Breathing	Self-safety & understanding limits
	Decision making & judgement
	Exhalation with face in water
Movement	Front crawl – 25m
	Back crawl – 25m
	Breaststroke – 25m
	Dolphin kick – 10m
	Kneeling dive & front dive
Survival Skills	Back floats in rough water – 30 secs
	Tread water (eggbeater) – 2 mins
	Roll in/float/tread & swim
	Survival backstroke – 50m
	Survival sidestroke – 25m
	Practice: wearing winter clothes
	Optional: <i>Swim to Survive Challenge (roll into deep water, tread water for 1 min, swim 50m)</i>