

JFD Swim Program Progression Summary

Station 1- Bubbles & breath control

1. Gradual water adaption
2. Breath holding
6. Blowing bubbles
7. Bobbing with bubbles and comfortable air exchange

Station 2 - Floats and streamlines

1. Front float and recover
2. Back float and recover
3. Rollover - front to back, back to front

Station 3 - Kicking

1. Kick on land
2. Kick on steps
3. Kick on noodle / board
3. Back kick, & recover
4. Dolphin kick, & recover

Station 4 - Crawl Stroke

1. Land simulation
2. Standing in shallow water
2. Add – A - Stroke
3. Long and strong arm stroke

Station 5 - Side breathing freestyle

1. Side breathing with noodles
2. Side breathing without noodles
3. Bilateral breathing

Station 6 - Backstroke

1. Back – Kick progression
2. Tread water
3. Jump in and tread water
4. Sitting dive Kneeling dive Standing dive

Station 7 – Breaststroke

1. Breaststroke kick
2. Breaststroke pull
3. Breaststroke

Station 8 - Butterfly

1. Dry Fly Standing fly
2. Free kick – Fly arms
3. Butterfly

Station 9 - Turns

1. Freestyle 2. Backstroke
3. Touch turns 4. IM turns

Station 10 - Individual Medley & Character

Extended endurance swimming of all 4 strokes

Encouragement of all kinds of character traits

Listening intelligently

Cooperating

Trying hard things

Supporting your friends

Dream big

Dare greatly

Don't Quit

Many, many more...