



Trident's Academy

Learn-To-Swim Breakdown

Stage 1

Introduction to Water

- Entering and exiting the pool (Using Ladder or Side of the pool)
- Crab Walk
Must be able to do the full width of the pool
- Bubbles through mouth
For a minimum of 5 seconds comfortably
- Bobbing
Must be done for a minimum of 10 times comfortably
- Underwater Adaptation (With the use of Colored Rings)
Must be able to Retrieve colored rings or touch the bottom of the ground twice with no assistance and be able to come to a vertical position.
- Star Fish & Jelly fish
Must be able to move into star fish on the front, starfish on the back and jelly fish position for 5 second or more and be able to come to a vertical position.
- Star Fish Rolls
Must be able to roll from front star fish to back star fish 2 time and be able to come to a vertical position.
- Kicks on the wall (Face in and out)
Must be able to kick on the wall for 10 seconds without assistance and blow their bobbles for 3 second raising head up to breath and blowing bubbles.
- Ready Position (Front and Back)
Must be able to push of the wall from each ready position.
- Front Glide
Must be able to hold the streamline (pencil position) with no assistance for 5 seconds or more
and be able to come to a vertical position
- Back Glide
Must be able to Glide (hands on their side) with no assistance for 5 seconds or more
and be able to come to a vertical position
- Front glide and kick assisted
Must be able to travel 2 lanes or more with minimal assistance with and with out the board
- Back glide and kick assisted
Must be able to travel 2 lanes or more with minimal assistance with and with out the board



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Safety tips

- Staying safe around water
- Recognizing a lifeguard
- Recognizing an emergency
- How to call for help

Introductory drills For Stage 2

- Pull Roll and Breath (Rotary Breathing)
- Sitting Dives
- Side Kicks

Stage 2

Fundamental Skills

- Sitting Dives
Must be able to Complete 3 dives and be able to come to vertical position.
- Streamline Kicks
Must be able to cover 5 lanes with no assistance and be able to come to a vertical position.
- Pull Roll and Breath (Rotary Breathing)
Must be able to cover 5 lanes and 3 or more breaths with no assistance and be able to come to a vertical position.
- Back Glide and kick
Must be able to cover 5 lanes with no assistance and be able to come to a vertical position.
- Side Kicks
Must be able to cover 3 lanes with no assistance and be able to come to a vertical position.
- Shark Fin drill
Must be able to cover 3 lanes with no assistance and be able to come to a vertical position.

Safety Topics

Look Before you leap

Recognizing an emergency

How to call for Help

General Reminders

- Submerge and hold breath for 10 seconds.
- Bobbing 15 times comfortably while moving to Safety.



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- Underwater Adaptation retrieving rings or touching the ground 3 times.
- Star fish Front Back and Jelly Fish holding for 10 seconds

Introductory drills For Stage 3

- Shark fin Switches
- Side kick Switches
- Catch up Drill
- Side Kick Switches

Stage 3

Stroke Developing

- Sitting Dives
Must be able to begin swimming or drilling and be able to come to vertical position.
- Shark fin Switches
Must be able to cover the full width Lanes and be able to come to vertical position.
- Kick Rotations (Front & Back)
Must be able to cover the full width Lanes and be able to come to a vertical position.
- Fingertip Drag
Must be able to cover the full width and be able to come to a vertical position
- Side kick Switches
Must be able to cover the full width of the pool
- Front Crawl
Must be able to cover the full width of the pool
- Backstroke
Must be able to cover the full width of the pool
- Flip turns
Must be able to do Flip turns 5 times and be able to come to a vertical position.
- Breaststroke kicks (Progressions)
Must be able to cover 5 lanes full kicks.

Safety Topics

Look Before you leap

Developing Breath control

Making decision and choosing an exit point



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General Reminders

- Pull Roll and Breath (Rotary Breathing)
Must be able to cover full width 10 or more breaths.
- Back float and front float
Must be able to float in deep waters for 30s or more
- Shark Fin drill, Sidekicks, Catch up drill

Must be able to cover width of the pool

- Treading Water (Egg beater Progressions)
Must be able to tread for 30s or more

Introductory drills For Stage 4

- Kneeling dives
- Flip turns
- Breaststroke pull Progressions
- Butterfly kick (Progressions)
- Scull Drill

Stage 4

Strokes and Skills

- Kneeling dives
Must be able to start swimming or drilling from this ready position.
- Scull Drill
Must be able to cover the width of the pool
- Breaststroke kicks (Progressions)
Must be able to cover full width of the pool
- Breaststroke pull (Progressions)
Must be able to cover full width of the pool
- Breaststroke Timing (Kicks and Pulls)
Must be able to cover full width of the pool
- Butterfly kick (Progressions)
Must be able to cover full width of the pool
- Butterfly pulls (Progressions)
Must be able to cover full width of the pool
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- Butterfly Timing (Kicks and Pulls)
Must be able to cover full width of the pool
- Treading Water (Egg beater)
must be able to thread water for 1 minute and more

Safety Topics

Look Before you leap

Reach or Throw Don't Go (Reaching Assist, throwing Assist)

How to call for help

General Reminders

Visit Stages two and three for any drill seen fit to benefit the entire class.

Introductory drills For Stage 5

- Standing dives
- Front flip turn while swimming
- Kicking timing drills

Stage 5

Strokes and Stamina

- Standing Dives
Must be able to start Drilling and Swimming
- Turn while swimming
Must be able to turn in each stroke and continue swimming 2 lengths and more
- Breath Control, pulling timing drills
3 pulls and breath, 5 pulls and breath, 7 pulls and breath, 9 pulls and breath
- Breath Control, kicking timing drills
3 Kicks 1 pull, 6 kicks 1 pull, 9 kicks 1 pull
- Sprinting
Sets and Relays.
- Treading Water (Egg beater)
must be able to thread water with legs only for 2 minute and more

Safety Topics

Look Before you leap

How to call for help.



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General Reminders

Visit Stages 3 and 4 for any drill seen fit to benefit the entire class.

All Strokes can be applied to the drills in this stage.

Introductory drills For Stage 6

- Kick Sets
- Sprint Sets
- IM sets

Stage 6

Competitive Swimming Skills.

- Anerobic Sets
- Hypoxic Sets
- Sprint Sets
- Kick Sets
- Challenge Sets

Safety Topics

Look Before you leap

The Danger of hyperventilating and extended breath-holding.



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