



MICHAEL PHELPS
Swimming

	Ages	Goals	Skills	Advancement Criteria
Get Wet Promo	6 Weeks-6 Months	To help educate parents on the importance of water safety and comfort of their infant while in the water	-Use songs and poems to encourage comfort/independence	
Get Wet (Parent Child)	6 Months-3 years	To educate the parents as to how to work with their child in the water and begin to teach basic water safety skills with an emphasis on having FUN and developing comfort in the water	-Use songs and poems to encourage comfort/independence -Doing skills with an instructor to work on some parent separation and climate the student by working with an instructor	-The student ages out at 3 years old or instructor recommend the Parent Child Pre-Beginner class
Parent Child Pre-Beginner	2 Years-3 Years	The Parent & Child Pre-Beginner Class is an <i>instructor recommended</i> class geared towards children between the ages of 2 & 3 who have mastered the Get Wet Program Skills and are ready for the new challenges of a Pre-Beginner class but do not yet meet the age requirement for the regular Pre-Beginner 1 Class (3 yrs of age).	-Doing skills with an instructor to work on some parent separation and climate the student by working with an instructor -Kicking with barbell on front and back -Jump into the water and fully submerge independently -Retrieve a ring from the table or floor of the pool.	-The student ages out at 3 years old
Pre-Beginner 1 (PB1)	3 Years-	To achieve comfort & confidence in & under the water and learn basic propulsion skills with breath control	-5 bobs with rhythmic breathing. -Independent front and back floats for 10 seconds -Kicking with barbell on front and back with proper head and leg positions. -Jump into the water and fully submerge independently -Retrieve a ring from the table or floor of the pool.	-Front and back floats independently for 10 seconds -Proper arm and leg position to achieve propulsion (front and back) -Comfortably retrieve a ring from the table or floor independently with breath control -Comfortably jump into the pool independently to instructor
Pre-Beginner 2 (PB2)	3 Years-	To achieve propulsion skills with mastery of breath control and balance	-10 bobs with rhythmic breathing -30 second independent front and back floats. -independent push off on front and back. -basic rotation skills (topsy turvy) -unassisted straight leg kicking with proper head and body position on front and back -retrieve a ring from the bottom of the pool	-Independently streamline with initiation off the wall on front and back -Rotate front to back and back to front in streamline (topsy turvy) -Introduced basic Statute of Liberty balance
Beginner 1 (B1)	4 Years-	Gain balance and propulsion on your front through propulsion in knick and body position which will lead into a sound freestyle with a controlled side breath.	-Side balance (Statue of Liberty) -basic understanding and ability to swim half of the pool with freestyle and backstroke (good head/body position) -A basic understanding and ability to swim freestyle with side breathing	-Multiple repeats of freestyle with controlled side breathing on both sides with continuous kick
Beginner 2 (B2)	5 Years-	Continued development of the freestyle with a greater focus on pull and recovery shape. The students will continue kick drills to reinforce their balance in freestyle and continue to develop balance in backstroke. They will build off their rotation drills while slowly adding recovery drills for backstroke. Students will be able to maintain swim backstroke with rotation as well as freestyle with added mechanics for recovery and pulling.	-Active balance (head, lead arm free and backstrokes) -The ability to swim freestyle and backstroke with proper head and body position and master of rotary breathing with out the assistance of teaching tools	-Multiple repeats of freestyle with high elbow recovery and high elbow catch -Multiple repeats of backstroke with rotation and toes kicking to the surface

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Advance Beginner (ADV)	5 Years-	Continued development of the freestyle with a greater focus on pull and recovery shape. The students will continue kick drills to reinforce their balance in freestyle and continue to develop balance in backstroke. They will build off their rotation drills while slowly adding recovery drills for backstroke. Students will be able to maintain swim backstroke with rotation as well as freestyle with added mechanics for recovery and pulling	-The ability to swim multiple lengths of freestyle and backstroke with proper head and body position, rotation, rotary breathing, stroke mechanics and timing -Introductory understanding of body dolphin and breaststroke kick and full stroke though weekly progressions	-Four legal strokes (Freestyle, Backstroke, Breaststroke, Butterfly)
Private Lessons	6 Months +	These 30 minute classes are catered specifically to the individual needs of the participants and are excellent for students of all ages (6 month and up) and abilities who seek the highest level of attention.	We will meet your student where their water abilities are, and will use our group lesson curriculum to start instruction with some modification of teaching strategies though progressions	
Developmental (Non-Competitive)	6 Years +	For some this program serves as a “Stepping stone” between lessons and our competitive swim club. For others it is simply the perfect opportunity to remain active and involved in the wonderful sport of swimming while continuing to develop their swimming skills	-Continued mastery of Freestyle and Backstroke with a focus on catch and propulsion -Legal Butterfly and Breaststroke	-4 legal stroke and the ability to swim a 100 IM
Intermediate B	8 Years +	This level is for those who are still getting comfortable in shallow water and are not ready for deep water	-Mastery of all 4 stroke -Legal flip and open turns -Increased endurance and strength in the water	-Legal flip and open turns -Increased endurance and strength in the water
Intermediate A	8 Years +	This level is for those who are comfortable in deep water and working towards competing at swim meets	-Mastery of all 4 strokes -Legal flip and open turns. -Increased endurance and strength in the water	-Legal flip and open turns -Able to complete a 500 straight freestyle with flip turns -Able to complete 12 x 25 kick @ :35
Performance	8 Years +	This is our first level for those who are looking to train in order to compete in swim meets	-Continued mastery in all 4 stroke with focus on individual stroke needs -Mastery of flip and open turns -Endurance and strength capable of translating to meet performance in all 4 strokes -Learn the USA swimming dive safety certification progression -Introduction into swimming meets regularly	-Able to complete 6 x 100 Freestyle @ 2:00 -Able to complete 10 x 50 @ 1:10 -Able to complete a 300 IM
Senior Prep	8 Years +	This is our completion and championship level	-Continued mastery in all 4 stroke with focus on individual stroke needs -Continued mastery of open and flip turns -Endurance and strength capable of translating to improved meet performance in all 4 strokes -Progression towards high level competition	-Able to complete 10 x 100 Freestyle @ 1:30 -10 x 100 Kick @ 1:45 -5 x 200 IM @ 3:15 -Niagara Championship cut times
Adaptive	6 Months +	Our Adaptive Swim program is designed to introduce children to the water who have a developmental or physical disability. We will teach the basics of swimming along with mild social building exercises, fun physical activity, and water safety.	We will meet your student where their water abilities are, and will use our group lesson curriculum to start instruction with some modification of teaching strategies though progressions	
Adult Group	16	Adult Group instruction is designed for adults who are interested in learning proper stroke mechanics. An emphasis will be placed on correct body position, balance, timing and breathing. This class is designed for adults who are already comfortable and water safe. Those who are not yet comfortable and water safe, should consider our private instruction options.	We will meet your student where their water abilities are, and will use our group lesson curriculum to start instruction with some modification of teaching strategies though progressions	

Curriculum Progressions

	Week 1	Week 2	Week 3	Week 4	Week 5
Pre-Beginner 1 (PB1)	Breath Control -Independence/safety -Hum bubbles -Rings	-Breath Control (hum bubbles) -Front Float/Back float *mechanics. -Propulsion front	Front Propulsion/ Back Propulsion *mechanics with breath control	Mastery of propulsions and floats Rings/Jumps	Review for Evaluations
Pre-Beginner 2 (PB2)	-Floats -Float in streamline -Rotation in streamline *topsy turny no propulsion)	-Initiation from wall with streamline push (no kick) front only	-Initiation from wall with streamline push (no kick) back only	-Full streamline with initiation -initiation from wall into topsy turvy	Review for Evaluations
Beginner 1 (B1)	-S.L. Kick Front and back -Head lead kick front/back -Head lead kick from and back with rotation	-S.L. Kick Front and back -Head lead kick front/back -Head lead kick from and back with rotation -SOL both sides with continuous kick	-S.L. Kick Front and back -Head lead kick front/back -Head lead kick from and back with rotation -SOL both sides with continuous kick -Freestyle	-S.L. Kick Front and back -Head lead kick front/back -Head lead kick from and back with rotation -SOL both sides with continuous kick -Freestyle with controlled side breath	Review for Evaluations
Beginner 2 (B2)	-S.L kick front/back -Head lead kick front/back -Head lead kick front/back with rotation -SOL both sides with continuous kick -Head tap freestyle -Toy slider drill	-S.L kick front/back -Head lead kick front/back -Head lead kick front/back with rotation -SOL both sides with continuous kick -Head tap freestyle -1 arm freestyle -Toy slider drill -Animal Drill	-Head lead kick front/back -Head lead kick front/back with rotation -SOL both sides with continuous kick -Head tap freestyle -Freestyle with high elbow recovery and high elbow catch -Toy slider -Animal drill -Backstroke with rotation	-Head lead kick front/back -Head lead kick front/back with rotation -SOL both sides with continuous kick -Head tap freestyle -Freestyle with high elbow recovery and high elbow catch -Toy slider -Animal drill -Backstroke with rotation -Worm Drill	Review for Evaluations
Advance Beginner (ADV)	-Freestyle with high elbow recovery and high elbow catch - 1 arm backstroke -Backstroke with rotation and catch -Worm drill -Dolphin kick on all 4 sides -Beyond you drill -Breaststroke kick seated	-Freestyle with high elbow recovery and high elbow catch -1 arm backstroke -Backstroke with rotation and catch -Worm drill -Dolphin kick on all 4 sides -Beyond you drill + 1 -Breaststroke kick seated	-Freestyle with high elbow recovery and high elbow catch -Backstroke with rotation and catch -Beyond you drill -Beyond you Drill + 1 -1 arm fly progression -Legal Butterfly -Breaststroke kick on back assisted -Breaststroke kick on back assisted -Breaststroke kick with board	-Freestyle with high elbow recovery and high elbow catch -Backstroke with rotation and catch -1 arm fly progression -Legal Butterfly -Breaststroke kick with board -Breaststroke kick with S.L -Breaststroke with timing of pull> breath> Kick> glide	Review for Evaluations