



Baylor Swim Club Swimming Lesson Curriculum

Beginner

1. Water Adjustment
 - Getting Wet
 - Getting Face Wet
2. Water Entry and Exit
 - Climbing Steps & Side of Pool
3. Water Exploration
 - Retrieving Objects from the Bottom of the Pool
4. Breath Control
 - Holding Breath
 - Blowing Bubbles
 - Rhythmic Breathing (to side)
 - Bobbing
5. Buoyancy
 - Front Float and Recovery
 - Front Glide
 - Back Float and Recovery
 - Back Glide
6. Locomotion
 - Front Kick w/ Support (& Bubble Blowing)
 - Back Kick w/ Support
 - Front Arm Strokes w/ Support
 - Front Arm Strokes w/ Support (& Bubble Blowing)
 - Back Arm Strokes w/ Support
 - Front Arm Strokes & Kicking w/ Support (& Bubble Blowing)
 - Back Arm Strokes and Kicking w/ Support
7. Safety Information

Must Be Age 3 or older

Advanced Beginner

1. Water Entry/Exit
 - Climb In/Out of Pool
 - Jumping in Deep Water
2. Underwater Swimming
 - Retrieving Objects from the Bottom
 - Swimming Underwater
3. Breath Control
 - Review Bobbing
 - Rhythmic Breathing (to side)
4. Buoyancy
 - Review Front Float / Glide
 - Review Back Float / Glide
5. Locomotion
 - Front Kick w/ Kickboard
 - Front Glide w/ Kickboard
 - Front Kick w/ Rhythmic Breathing
 - Back Glide w/ Kicking
 - Streamlining Introduction
 - Freestyle Introduction (Arm Strokes w/ Kicking & Breathing)
 - Backstroke Introduction (Arm Strokes w/ Kicking)
 - Turning Over (Front to Back)
 - Turning Over (Back to Front)
6. Introduction to Diving
7. Safety Information

Must Be Age 3 or older



Pre-Swim Team

Swimmers wishing to participate in this class must be able to swim 15 yards (half way across) unassisted in deep water.

1. Streamlining
2. Refine Freestyle
3. Refine Backstroke
4. Teach Breaststroke
5. Diving/Starts and Turns

- This class is intended to prepare the swimmer for the Baylor Developmental age group program or a swim team program. However, completion of this class does not guarantee placement in Developmental group.
- This class is also intended to give swimmers who have had the opportunity to be on a team to improve and refine stroke technique.

Must be age 5 or older