**Program Overview**

<table>
<thead>
<tr>
<th>SWIM STARTERS</th>
<th>SWIM BASICS (Safety Around Water)</th>
<th>SWIM STROKES</th>
<th>PATHWAYS</th>
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</thead>
<tbody>
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<td>Recommended skills for all to have around water</td>
<td>Skills to support a healthy lifestyle</td>
<td>Specialized tracks</td>
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**Outcomes**
- Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.

**Outcomes**
- Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills: 1) floating, swimming, and treading water and 2) Submerge look at object, swim, grab 10 ft. (5 ft. preschool) Endurance any stroke or combination of strokes, 60 yd. (1 min. preschool)

**Outcomes**
- Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase community and personal fitness, and foster a lifetime of physical activity.

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**Stages of Learning**

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