

WESTWOOD  
♦ ♦ ♦  
**AMERICAN WOMAN**  
*Swim & Fitness*  
SWIM SCHOOL

CURRICULUM

**PRE MINI LEVEL(3-6 year old)**

Level	Prerequisites	Season Goals
1	None	Spiderman bubble (breathing) Superman (front float) Tummy-up-good (back float)
2	Face in the water	Superman chopsticks with Ketchup (elementary freestyle without breathing) Tummy-up chopsticks (elementary backstroke without arms)
3	Front Float Back Float	Elementary freestyle with Breathing-on-side Elementary backstroke with Straight-up

**MINI LEVEL (5-8 year old)**

Level	Prerequisites	Season Goals
1	None	Adaptation Elementary freestyle Elementary backstroke
2	Elementary freestyle Elementary backstroke	25 yard freestyle 25 yard backstroke Breaststroke kick
3	25 yard freestyle 25 yard backstroke	Stroke development on freestyle Stroke development on backstroke 50 yard freestyle 50 yard backstroke Elementary breaststroke Start & Turn Swim meet experience
Team Prep	50 yard freestyle 50 yard backstroke Elementary breaststroke	200 yard freestyle 200 yard backstroke 50 yard breaststroke High elbow freestyle Elementary butterfly Start & Turn Swim meet participation as USA Swimming Athletes

**JUNIOR LEVEL (9 & up)**

Level	Prerequisites	Season Goals
1	None	Adaptation Elementary freestyle Elementary backstroke
2	Elementary freestyle Elementary backstroke	200 yard freestyle 200 yard backstroke Breaststroke kick
3	200 yard freestyle 200 yard backstroke	Stroke development on freestyle Stroke development on backstroke 400 yard freestyle 50 yard breaststroke High elbow freestyle Elementary butterfly Start & Turn Swim meet experience
Team Prep	400 yard freestyle 400 yard backstroke Elementary breaststroke	16 drills Start & Turn Swim meet participation as USA Swimming Athletes

**TEAM LEVEL**

Level	Season Goals
Mini (Jr. TP)	16 drills Start & Turn Swim meet participation as USA Swimming Athletes
Navy Capper	Stroke development Start & Turn Swim meet participation as USA Swimming Athletes
Red Capper (3/wk)	Stroke improvement IM Start & Turn Swim meet participation as USA Swimming Athletes (B timer)
Black Capper (5/wk)	IM Endurance training Swim meet participation as USA Swimming Athletes (A timer) High school varsity team prep