



Swim with Annie Curriculum Levels

I teach swimming from a place of recognition of floatation and propulsion.

The physics of swimming are very important to me & sets a bar of equalization for all.

Given the correct understanding of use of one's body, everyone can swim effectively, efficiently & with great ease.

Below are the curriculum levels I created for simplicity of learning & teaching the above.

PARENT & ME: (30 minutes) 6months & up. All Ages invited. Intended to get the most joyous swim experience possible, within the curriculum, for the relationships between parent, swimmer, water and all varieties of those relationships.

PARENT & CHILD SWIM SYMPOSIUM: (60 minutes) All ages. An Annie-lead discussion-based time for parent & child to explore water, together & find the most effective and efficient path for child/swimmer to grow through the Swim with Annie Levels, regardless of age or ability.

BEGINNER: (30 minutes) Absolute beginner. May not have ever stood in water before/ stepped into a pool/body of water. May need assistance to control one's body in the water, at all. Even standing in it. Will need guidance to sit, control their bodies, walk through water, want to get wet, want to participate.

PADDLER: (30 minutes) Is confidently capable of being solo on a noodle/Puddle Jumper/floatie where their feet cannot touch & be happy about it, under supervision. Ranges from probably

does not yet go underwater or even like their face wet, yet, to maybe not mind/love being underwater.

UNDERWATER EASE: (30 minutes) Happily & confidently hangs out underwater. Hangs out underwater, with intention. Can briefly float/travel in water, while face is comfortably in, where they can stand, without a floatation device on. Wants to spend the entirety of the class participating in underwater activities. Should be comfortable in back float solo or assisted. Usually cannot yet confidently come up for air in water over one's head.

SWIMMER: (30 minutes) Can easily fit description of UNDERWATER EASE PLUS can swim with face comfortably in, in water over one's head, come comfortably and confidently up for air and resume swim with face comfortably back in. Can do so, confidently, for 10-15+ yards, without assistance, standing up and/or grabbing a wall. Should also be able to swim on back using only legs.

STROKES: (30 minutes) Can easily fit description of UNDERWATER EASE PLUS SWIMMER PLUS has some experience with all four strokes. Can swim 25 yards multiple times during a lesson, with face comfortably in, getting air independently, and going back in. Should also be able to swim on back using only legs for 25 yards.

EFFICIENCY: (30 minutes) Can easily fit description for UNDERWATER EASE PLUS SWIMMER PLUS STROKES PLUS can swim 50-100 yards comfortably, confidently and repeatedly, without standing up, stopping and/or grabbing a wall or getting assistance. Can comfortably swim freestyle, backstroke, breaststroke and butterfly.

SWIM TEAM: STROKES or EFFICIENCY Level. 60 minutes in duration.

ROOKIE SWIM TEAM: Shorter version of swim team, is comfortably higher than SWIMMER Level. 30 minutes.

ADULT SWIM SYMPOSIUM: (60 minutes) An Annie-lead discussion-based time for adults to come together & find the most effective and efficient path for a mind-body-organic connection with water for efficient strokes. Learn to ride water, breathe comfortably and improve your swim.

