

Swimming Skills for a Beginner to Master Before Competing

The following table lists 50 skills for a beginner to master before competing in a race. For non-breathing activities, instruct swimmers to stop when they need to breathe.

#	Starting Position	Movement	✓
1	Face wall Place both hands on gutter Place both feet on wall	Lower head to surface Place arms overhead Push off on back Glide	
2	“	Glide with arms straight	
3	“	Glide with hands together	
4	“	Glide with upper arms touching head	
5	“	Glide with vision directed up	
6	“	Glide with head (except face) submerged	
7	“	Glide and then kick backstroke	
8	“	Glide and then kick breaststroke	
9	Place right hand on gutter Point straight left arm to opposite wall Place both feet on wall	Lower head to surface Point right arm to opposite wall Push feet against wall Rotate torso onto front Glide	
10	“	Glide with hands together	
11	“	Glide with upper arms touching head	
12	“	Glide with vision directed down	
13	“	Glide with feet together	
14	“	Glide with head submerged	
15	“	Glide and then kick freestyle	
16	“	Glide and then kick butterfly	
17	“	Glide and then kick breaststroke	
18	Place left hand on gutter Point straight right arm to opposite wall Place both feet on wall	Lower head to surface Point left arm to opposite wall Push feet against wall Rotate torso onto front Glide	
19	“	Glide with hands together	
20	“	Glide with upper arms touching head	
21	“	Glide with vision directed down	
22	“	Glide with feet together	
23	“	Glide with head submerged	
24	“	Glide and then kick freestyle	
25	“	Glide and then kick butterfly	
26	“	Glide and then kick breaststroke	

#	Starting Position	Movement	✓
27	Place hand on gutter Point straight opposite arm to opposite wall Place both feet on wall	Lower head to surface Release gutter and grab opposite hand Push feet against wall Rotate torso onto front Glide Kick freestyle Swim freestyle	
28	“	One non-breathing stroke cycle	
29	“	Two non-breathing stroke cycles	
30	“	One non-breathing and one breathing stroke cycle	
31	“	Alternating non-breathing and breathing for four stroke cycles	
32	“	15 meters	
33	“	25 meters	
34	Place hand on gutter Point straight opposite arm to opposite wall Place both feet on wall	Lower head to surface Release gutter and grab opposite hand Push feet against wall Rotate torso onto back Glide Kick backstroke Swim backstroke	
35	“	Two stroke cycles	
36	“	15 meters	
37	“	25 meters	

#	Starting Position	Movement	✓
38	Place hand on gutter Point straight opposite arm to opposite wall Place both feet on wall	Lower head to surface Release gutter and put hands together Push feet against wall Rotate torso onto front Glide Kick butterfly Swim butterfly	
39	“	One non-breathing stroke cycle	
40	“	Two non-breathing stroke cycles	
41	“	One non-breathing and one breathing stroke cycle	
42	“	Alternating non-breathing and breathing for four stroke cycles	
43	“	15 meters	
44	“	25 meters	
45	Place hand on gutter Point straight opposite arm to opposite wall Place both feet on wall	Lower head to surface Release gutter and put hands together Push feet against wall Rotate torso onto front Glide Swim breaststroke	
46	“	One non-breathing stroke cycle	
47	“	One non-breathing and one breathing stroke cycle	
48	“	Alternating non-breathing and breathing for four stroke cycles	
49	“	15 meters	
50	“	25 meters	