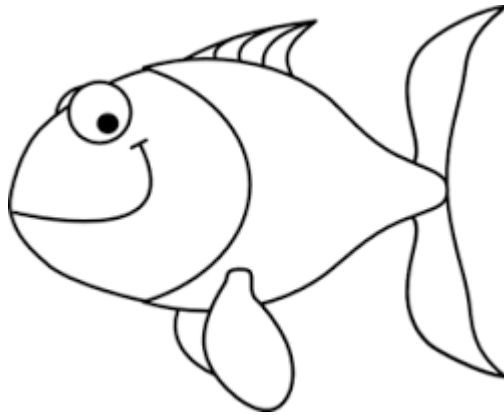


LEVEL 1

Goldfish: 3 to 5 Years Old



Bubbles

Put Face in Water

Assisted Front Float

Assisted Back Float

Assisted Front Glide

Assisted Back Glide

Flutter Kick

Assisted Front Glide w/ Kick

Assisted Back Glide w/ Kick

Intro to Front Crawl Arms

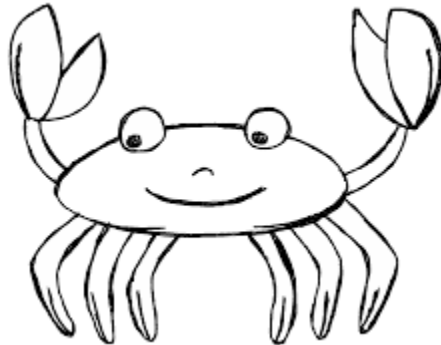
Homework – Washing Face at Home

Read and Explain Pool Rules

Assisted Back Float with Life Jacket

LEVEL 2

Crab: 3 to 5 Years Old



Bubbles

Entire Head Under Water

Assisted to Unassisted Front Float: 5 Seconds

Assisted to Unassisted Back Float: 5 Seconds

Assisted to Unassisted Front Glide: 5 Feet

Assisted to Unassisted Back Glide: 5 Feet

Assisted to Unassisted Front Glide w/ Kick: 5 Feet

Assisted to Unassisted Back Glide w/ Kick: 5 Feet

Assisted Front Crawl: 5 Feet

Assisted Rollover

Bobbing w/ Head Fully Submerged

Jump Into Chest Deep Water

Homework – Kicks w/ Pointed Toes

Read and Explain Pool Rules

Back Float in Life Jacket