

LEVEL 3

Penguin: 6 Years Old and Up



Bubbles

Entire Head Under Water

Bobbing w/ Rhythmic Breathing

Assisted to Unassisted Front Float: 10 Seconds

Assisted to Unassisted Back Float: 10 Seconds

Assisted to Unassisted Front Glide: 10 Feet

Assisted to Unassisted Back Glide: 10 Feet

Assisted to Unassisted Front Glide w/ Kicks: 10 Feet

Assisted to Unassisted Back Glide w/ Kicks: 10 Feet

Intro to Front Crawl

Assisted to Unassisted Rollover

Assisted to Unassisted Jump Into Chest Deep Water

Homework – Practice Big Arm Circles

Safety Skill – Read and Explain Pool Rules

Safety Skill – Reaching Assist w/ Noodle

LEVEL 4

Otter: 6 Years Old and Up



Assisted to Unassisted Front Crawl w/o Breathing – 15 Feet

Side Breathing on the Wall – 5 Breaths

Introduction to Backstroke

Elementary Backstroke Kick

Bobbing to Safety – Deep to Shallow Water

Underwater Exploration

Jump Into Chest Deep Water

Sitting Dives

Homework - Practice Side Breathing

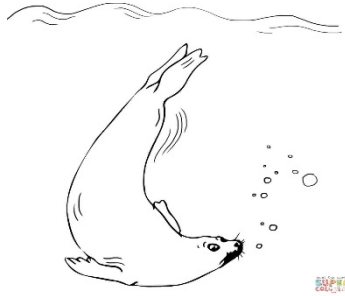
Safety Topic - Diving Safety

Safety Topic – Reaching Assist w/ Tube

Safety Topic – Life Jacket Safety

LEVEL 5

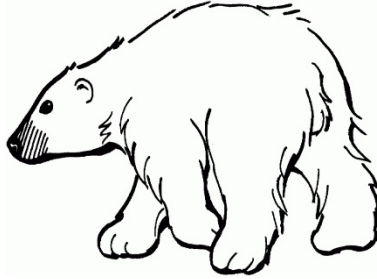
Seal: 6 Years Old and Up



- Front Crawl w/ Side Breathing – 30 Feet
- Back Crawl w/ Bent Arm Pull – 15 Feet
- Elementary Backstroke – 15 Feet
- Breaststroke Kick w/ Kick Board – 15 feet
- Deep Water Adjustment – Comfortably Swim ½ Length in Lap Pool
- Dolphin Kick w/ Kick Board – 15 Feet
- Underwater Exploration – Deep Water
- Kneeling Dives
- Safety Topic – Diving Safety
- Safety Topic – Treading Water Options
- Safety Topic – Reaching Assist w/ Tube

LEVEL 6 – LAP POOL

Polar Bear: 6 Years Old and Up



Front Crawl w/Breathing – 1 Length of Lap Pool

Backstroke w/Bent Arm Pull – 1 Length of Lap Pool

Introduction to Breaststroke Arms

Introduction to Butterfly Arms

Open Turns

Jump Into Deep Water and Level Off

Feet First Surface Dive

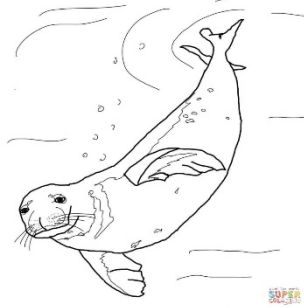
Safety Topic – Diving Safety

Safety Topic – Treading Water: 30 Seconds

Safety Topic – Throwing Assist w/ Ring Buoy

LEVEL 7 – LAP POOL

Sea Lion



Front Crawl w/Side Breathing – 2 Lengths of Lap Pool

Backstroke – 2 Lengths of Lap Pool

Breaststroke – 1 Length of Lap Pool

Butterfly – ½ Length of Lap Pool

Flip Turns

Bobbing in Deep Water

Compact Dives

Safety Topic – Diving Safety

Safety Topic – Treading Water: 1 Minute

Safety Topic – Throwing Assist w/ Ring Buoy