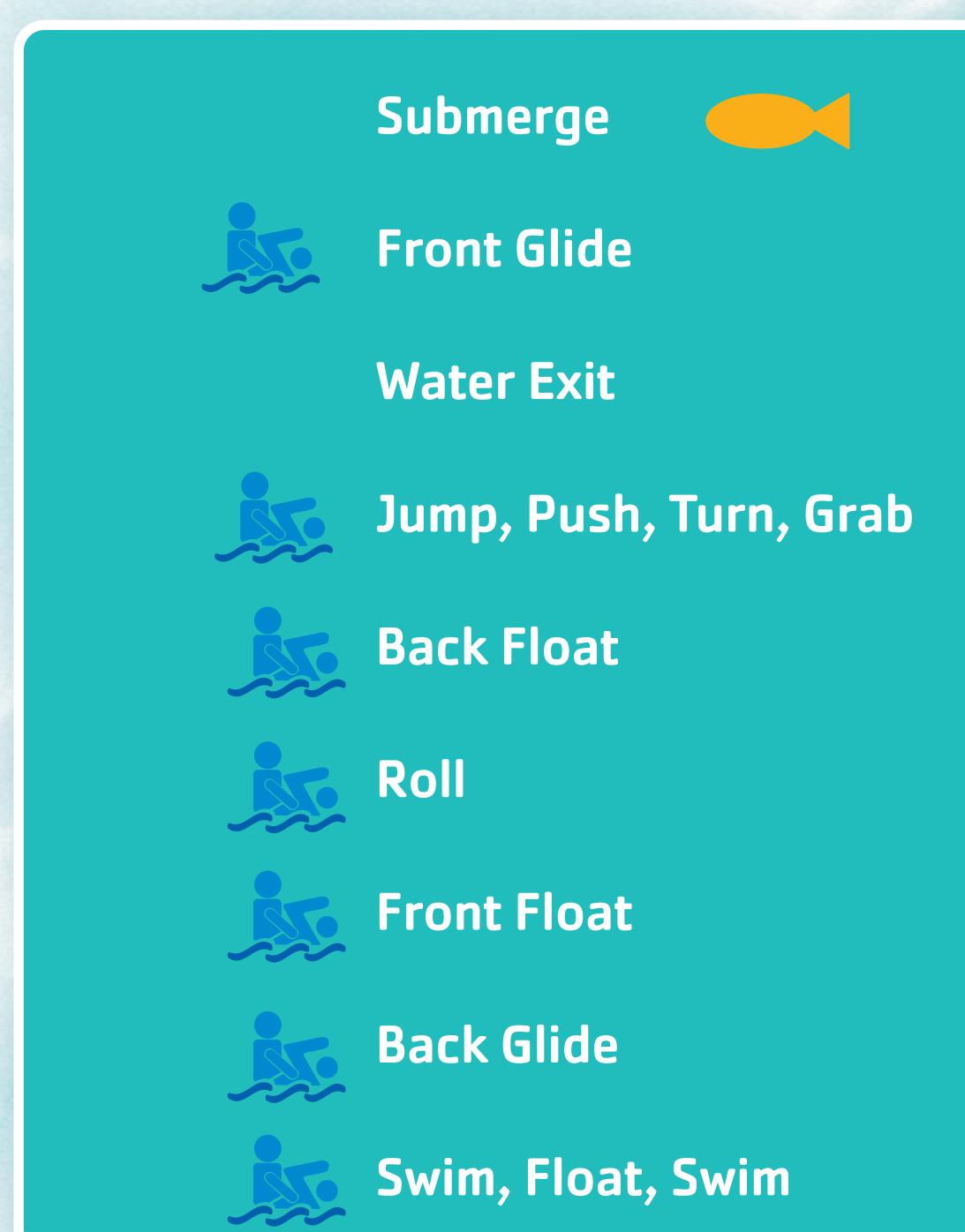
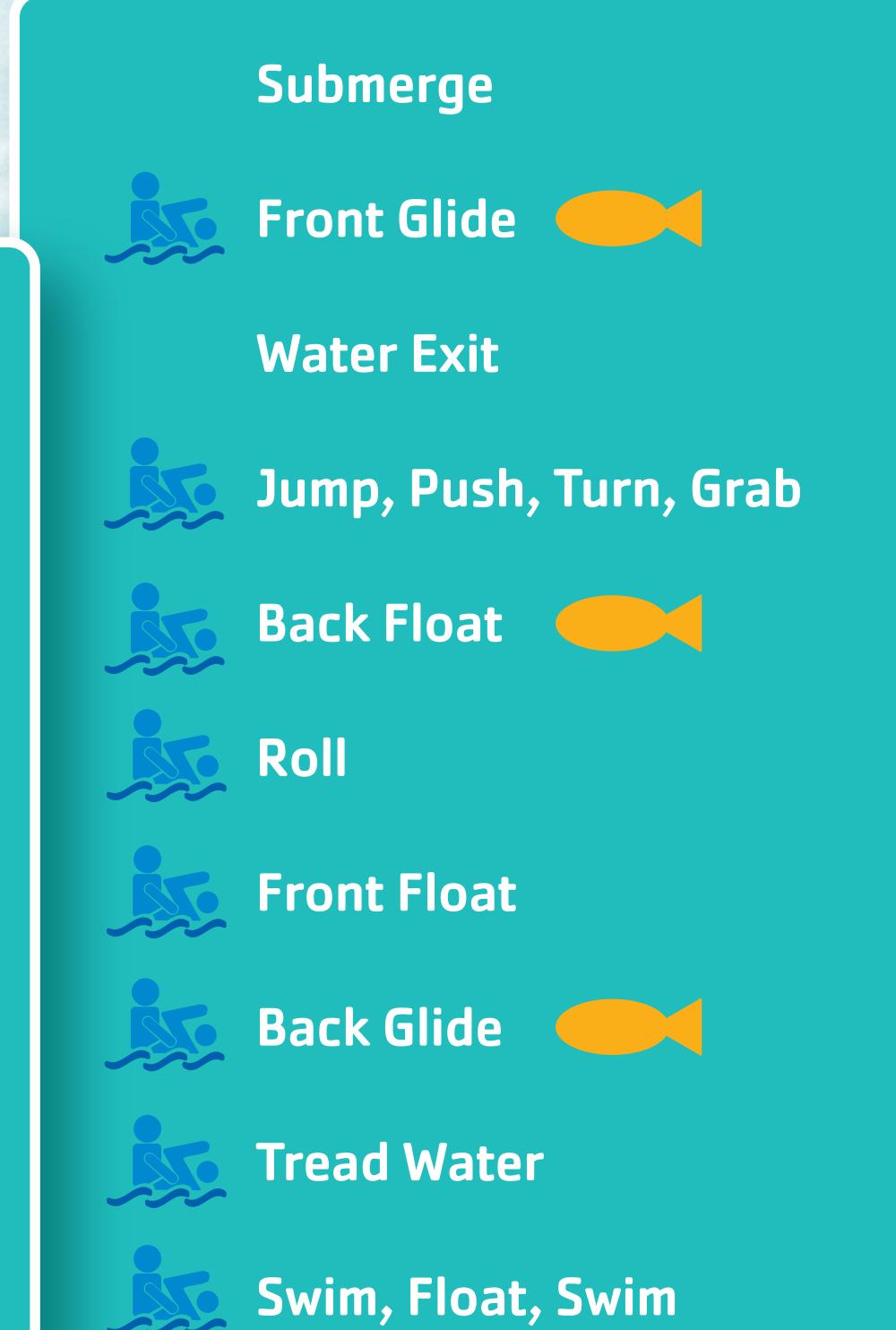


3-5 years old 4 Levels PRESCHOOL Pre 2:

Pre 1: Water Acclimation



Water Movement



Pre 3: Water Stamina

Submerge Swim on Front Water Exit Jump, Push, Turn, Swim, Grab Swim on Back Tread Water

Swim, Float, Swim

Pre 4: Stroke Introduction

Endurance (any stroke, 25 yards) Front Crawl Dive (Sitting)



6-12 years 6 Levels SCHOOL AGE

1 Water Acclimation

Submerge Control

Front Glide Water Exit Jump, Push, Turn, Grab **Back Float** Front Float Back Glide Swim, Float, Swim



Endurance (any stroke, 25 yards) Front Crawl Back Crawl Dive (Sitting) Resting Stroke Tread Water

Breaststroke

Butterfly

KEY



Required to pass

With noodle

2 Water Movement

Submerge Front Glide Water Exit

Jump, Push, Turn, Grab Back Float

> Roll **Front Float**

Back Glide Tread Water

Swim, Float, Swim

5 Stroke Development

Endurance (any stroke, 50 yards)

> Front Crawl Back Crawl

Dive (Sitting)

Resting Stroke

Tread Water

Breaststroke

Butterfly

3 Water Stamina

Submerge Swim on Front Water Exit

Jump, Push, Turn, Swim, Grab Swim on Back

Tread Water Swim, Float, Swim

6 Stroke Mechanics

Endurance (any stroke, 150 yards)

Front Crawl

Back Crawl

Dive (Sitting)

Resting Stroke Tread Water

Breaststroke ____

Butterfly

