

<p>PRE-SCHOOL 1 <i>Bubbles</i> Gradual water adaptation Enter and exit safely Movement in the water Breathe holding and release Submersion of the face Blowing bubbles Wall Bobs with bubbles and air exchange</p> <p>Test: Blow bubbles w/face in water for 5-6 seconds</p> <p>PRE-SCHOOL 2 <i>Floats and Glides</i> Front float and recover Front glide and recover Back float and recover Jumping bobs Streamline Streamline bobs</p> <p>Test: Front glide and recover-5seconds Back glide and recover-5 seconds 10- relaxed Wall Bobs</p> <p>PRE-SCHOOL 3 <i>Kicking</i> Front kick w/ glide, and recover Back kick w/glide, and recover Sitting on the kickboard sculling Jumping into water Hold breath underwater Position on wall pushoff</p> <p>Test: Enter from pool side, front float and recover Enter from pool side, back float and recover Front kick streamline -15 feet Back kick streamline-15 feet</p> <p>LEVEL 1 <i>Crawl Stroke</i> Rollover - front to back, back to front Finning and sculling Side-glide-kick Freestyle armstroke Somersaults forward and back</p> <p>Test: Side-glide-kick 8 and roll to other side -cont., 20ft. Freestyle, 20ft. (no breathing)</p>	<p>LEVEL 2 Freestyle with breathing Backstroke stroke intro. somersaults - introduced Handstands - introduced Horizontal head first sculling - introduced</p> <p>Test: Freestyle with breathing (30ft minimum of 4 breaths) Backstroke 15ft</p> <p>LEVEL 3 Extended freestyle swimming 25 yrds Tread water Jump in and tread water Backstroke 25 yrds Dive progression sit-kneel-stand</p> <p>Test: Swim freestyle 25 yrds Swim backstroke 25 yards Tread water for 1 minute</p> <p>LEVEL 4 <i>Breaststroke & Butterfly</i> Skills to be Learned: Breaststroke kick Breaststroke swim Butterfly</p> <p>Test: Swim Freestyle 25yds. Swim Backstroke 25yds Kick Breaststroke 25yds. Breaststroke arms w/noodle w/2 sec Glide ? 25yds Butterfly arms 3 stroke</p> <p>LEVEL 5 <i>Turns</i> Sidestroke kick Sidestroke arms and swim Elementary backstroke</p> <p>Test: Swim 100yds. Freestyle, bilateral breathe for continuous 50yd. Swim 50yds. Elementary Backstroke Swim 50yds. Sidestroke</p>
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