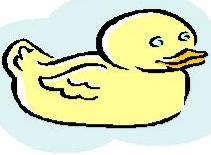
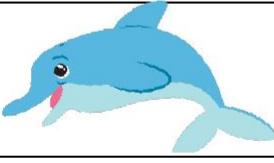


**2021 Skill Levels needed to pass the class are **bolded**.**

*The student must be able to perform the tasks consistently and confidently.*

Preschool 1	Preschool 2	Preschool 3	Preschool 4	NEW! Preschool 5
				
Breath control awareness Humming (breath control) <b>3 Bobs (face in water)</b> Back float with assistance Front Float with assistance Float and roll with assistance Back Glide with assistance Front glide with assistance Intro to kicking Intro to arm strokes	<b>5 Bobs (head under water)</b> Front & Back Float w/out assistance Front & Back Glide w/out assistance Swim Float Swim - 5 ft Finning on back, intro to Elem. Backstroke Jump in & return to the side w/assistance <b>Bobbing to Safety</b> Introduction to Crawlstroke Introduction to Treading Water Retrieve toy from bottom of pool	<i>Once passed, 6 y/o advance to Y 2</i> 10 Bobs Front Float w/out assistance - 10 sec Back Float w/out assistance - 10 sec Front Glide w/out assistance - 7ft Back Glide w/out assistance - 7ft Crawl stroke w/ side breathing - 5ft Elementary Back & Back Crawl - 5ft Jump in & return to the side unassisted Tread water 5 seconds	<i>Once passed, 6 y/o advance to Y 3</i> 15 Bobs Crawl stroke with side breathing - 7ft Elementary Backstroke - 7ft Intro to Breaststroke Swim underwater - 5ft Tread water - 15 sec Jump in deep & return to the side w/o A Front glide w/kick, roll on back, float and stand without assistance	Crawl stroke with side breathing - 15 ft Introduction to bilateral breathing <b>Elementary Backstroke - 15 ft</b> Backstroke (back crawl) - 15 ft Breaststroke - 10 ft Swim underwater - 10 ft Tread water - 30 seconds Jump in, tread 10, swim back to wall U/A Introduction to sidestroke Safety skills
Youth 1	Youth 2	Youth 3	Youth 4	Stroke Refinement
				
5 Bobs Front Float w/out assistance Back Float w/out assistance Front Glide w/out assistance Back Glide w/out assistance Crawl stroke - 5ft <b>Intro to side breathing – SFS</b> Backstroke - 5ft Retrieve item from bottom of pool Intro to treading water	15 Bobs <b>Bobbing to Safety</b> Crawl stroke with side breathing 7-10ft Backstroke (back crawl) 7-10ft, Elementary Backstroke - 10 ft Intro to Breaststroke kick & stroke Swim underwater - 5ft Tread water - 15 sec <b>Jump into deep water and return to wall without assistance</b>	Crawl stroke w/ side breathing - 10 yds Elementary Backstroke - 10 yds Backstroke (back crawl) - 10 yds Breaststroke - 5 yds Swim underwater - 10 ft Tread water - 30 sec Introduction to dolphin kick Change direction while swimming	Crawl stroke w/ side breathing - 25 yds Backstroke (back crawl) - 25 yds Elementary Backstroke - 25 yds Breaststroke - 10 yds Tread water - 1 min Safety Skills Introduction to Butterfly Introduction to open turns Introduction to bilateral breathing Introduction to Sidestroke	Crawl stroke w/ bilateral breathing Backstroke w/ correct rotation Breaststroke w/ glide and separation between pull & kick (proper timing) Intro to breaststroke underwater pull-out Butterfly w/ properly timed breathing Open turns & Introduction to flip turns Underwater streamline, front & back Swim front crawl 37 yards Swim backstroke 37 yards