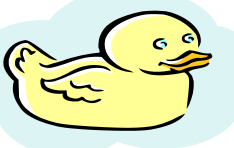
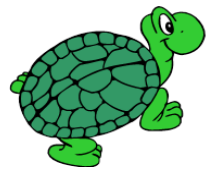



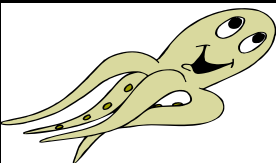
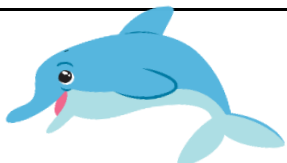

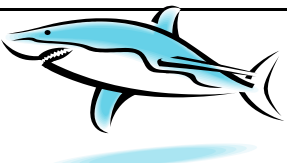



# Skill Levels needed to pass the class are **bolded**.

Preschool 1	Preschool 2	Preschool 3	Preschool 4	NEW! Preschool 5
 <p> <b>3 Bobs (face in water)</b>  <b>Back float with assistance</b>  <b>Front Float with assistance</b>  <b>Float and roll with assistance</b>  <b>Back Glide with assistance</b>  <b>Front glide with assistance</b>  Intro to kicking  Intro to arm strokes </p>	 <p> <b>5 Bobs (head under water)</b>  <b>Front Float w/out assistance</b>  <b>Back Float w/out assistance</b>  <b>Front Glide w/out assistance</b>  <b>Back Glide w/out assistance</b>  <b>Swim Float Swim - 5 ft</b>  Finning on back  Retrieve toy from bottom of pool  Jump in &amp; return to the side unassisted  Introduction to Crawlstroke </p>	 <p> <i>Once passed, 6 y/o advance to Y 2</i>  <b>10 Bobs</b>  <b>Front Float w/out assistance - 10 sec</b>  <b>Back Float w/out assistance - 10 sec</b>  <b>Front Glide w/out assistance - 7ft</b>  <b>Back Glide w/out assistance - 7ft</b>  <b>Crawl stroke w/ side breathing - 5ft</b>  <b>Backstroke - 5ft</b>  Intro to treading water  Bobbing to safety </p>	 <p> <i>Once passed, 6 y/o advance to Y 3</i>  <b>15 Bobs</b>  <b>Crawl stroke with side breathing - 7ft</b>  <b>Backstroke - 7ft</b>  Intro to Breaststroke  Intro to Elementary Backstroke  <b>Swim underwater - 5ft</b>  <b>Tread water - 15 sec</b>  Jump in deep &amp; return to the side without assistance </p>	 <p> <b>Crawl stroke with side breathing - 15 ft</b>  Introduction to bilateral breathing  <b>Backstroke (back crawl) - 15 ft</b>  <b>Breaststroke - 10 ft</b>  <b>Elementary Backstroke - 15 ft</b>  <b>Swim underwater - 10 ft</b>  <b>Tread water - 30 seconds</b>  Introduction to sidestroke  Safety skills </p>
Youth 1	Youth 2	Youth 3	Youth 4	Stroke Refinement
 <p> <b>5 Bobs</b>  <b>Front Float w/out assistance</b>  <b>Back Float w/out assistance</b>  <b>Front Glide w/out assistance</b>  <b>Back Glide w/out assistance</b>  <b>Crawl stroke - 5ft</b>  <b>Intro to side breathing - SFS</b>  <b>Backstroke - 5ft</b>  Retrieve item from bottom of pool  Intro to treading water </p>	 <p> <b>15 Bobs</b>  <b>Crawl stroke with side breathing - 7ft</b>  <b>Backstroke - 7ft</b>  Intro to Breaststroke kick  Elementary Backstroke - 10 ft  Swim underwater - 5ft  <b>Tread water - 15 sec</b>  <b>Jump into deep water and return to wall without assistance</b> </p>	 <p> <b>Crawl stroke w/ side breathing - 10 yds</b>  <b>Backstroke - 10 yds</b>  <b>Breaststroke - 10 ft</b>  <b>Elementary Backstroke - 10yds</b>  Swim underwater - 10 ft  <b>Tread water - 30 sec</b>  Introduction to dolphin kick  <b>Change direction while swimming</b> </p>	 <p> <b>Crawl stroke w/ side breathing - 25 yds</b>  <b>Backstroke - 25 yds</b>  <b>Breaststroke - 20 ft</b>  <b>Elementary Backstroke - 25 yds</b>  Introduction to Butterfly  <b>Tread water - 1 min</b>  Introduction to open turns  Safety Skills  Introduction to bilateral breathing  Teach Sidestroke </p>	 <p> <b>Crawl stroke w/ bilateral breathing</b>  <b>Backstroke w/ correct rotation</b>  <b>Breaststroke w/ glide and separation between pull &amp; kick (proper timing)</b>  Intro to breaststroke underwater pull-out  <b>Butterfly w/ properly timed breathing</b>  <b>Open turns &amp; Introduction to flip turns</b>  <b>Underwater streamline, front &amp; back</b>  <b>Swim front crawl 37 yards</b>  <b>Swim backstroke 37 yards</b> </p>