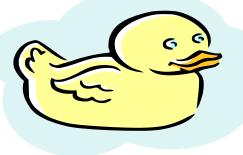
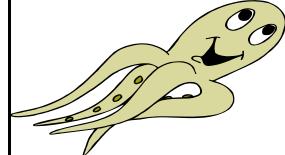
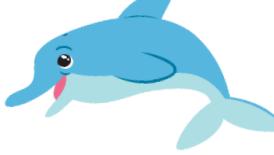


Skill Levels needed to pass the class are **bolded**.

Preschool 1	Preschool 2	Preschool 3	Preschool 4	NEW! Preschool 5
				
<p>3 Bobs (face in water) 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</p>	<p>5 Bobs (head under water) Front Float w/out assistance Back Float w/out assistance Front Glide w/out assistance Back Glide w/out assistance Swim Float Swim - 5 ft Finning on back Retrieve toy from bottom of pool Jump in & return to the side unassisted Introduction to Crawlstroke</p>	<p><i>Once passed, 6 y/o advance to Y 2</i></p> <p>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 Backstroke - 5ft Intro to treading water Bobbing to safety</p>	<p><i>Once passed, 6 y/o advance to Y 3</i></p> <p>15 Bobs Crawl stroke with side breathing - 7ft Backstroke - 7ft Intro to Breaststroke Intro to Elementary Backstroke Swim underwater - 5ft Tread water - 15 sec Jump in deep & return to the side without assistance</p>	<p>Crawl stroke with side breathing - 15 ft Introduction to bilateral breathing Backstroke (back crawl) - 15 ft Breaststroke - 10 ft Elementary Backstroke - 15 ft Swim underwater - 10 ft Tread water - 30 seconds Introduction to sidestroke Safety skills</p>
Youth 1	Youth 2	Youth 3	Youth 4	Stroke Refinement
				
<p>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 Intro to side breathing - SFS Backstroke - 5ft Retrieve item from bottom of pool Intro to treading water</p>	<p>15 Bobs Crawl stroke with side breathing - 7ft Backstroke - 7ft Intro to Breaststroke kick Elementary Backstroke - 10 ft Swim underwater - 5ft Tread water - 15 sec Jump into deep water and return to wall without assistance</p>	<p>Crawl stroke w/ side breathing - 10 yds Backstroke - 10 yds Breaststroke - 10 ft Elementary Backstroke - 10yds Swim underwater - 10 ft Tread water - 30 sec Introduction to dolphin kick Change direction while swimming</p>	<p>Crawl stroke w/ side breathing - 25 yds Backstroke - 25 yds Breaststroke - 20 ft Elementary Backstroke - 25 yds Introduction to Butterfly Tread water - 1 min Introduction to open turns Safety Skills Introduction to bilateral breathing Teach Sidestroke</p>	<p>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</p>