



AREA 04000003-3 JULY 15

1 2 3 4 5 6	GOLDFISH	MINNOW	TADPOLE
	<ol style="list-style-type: none"> <li>1. Water Exploration</li> <li>2. Enters and plays in the Clover shaped pool</li> </ol>	<ol style="list-style-type: none"> <li>1. Blowing Bubbles</li> <li>2. Putting face in the water</li> <li>3. Hold breath for 5 seconds</li> <li>4. Bobbing for toys</li> </ol>	<ol style="list-style-type: none"> <li>1. Opening eyes under water</li> <li>2. Swimming under water</li> <li>3. Hold breath for 10 seconds</li> <li>4. Prone float</li> </ol>
	FROG	TOAD	BULLFROG
	<ol style="list-style-type: none"> <li>1. Prone float with flutter kicks</li> <li>2. Back float</li> <li>3. Crawl arm stroke</li> <li>4. Rhythmic breathing</li> <li>5. Rolling over from front to back</li> </ol>	<ol style="list-style-type: none"> <li>1. Back float with kick</li> <li>2. Rhythmic breathing</li> <li>3. Flutter kick</li> <li>4. Crawl arm stroke</li> <li>5. Coordinate kick &amp; stroke</li> </ol>	<ol style="list-style-type: none"> <li>1. Back float with flutter kick</li> <li>2. Coordinate kick &amp; stroke with breathing</li> <li>3. Finning on back</li> <li>4. Begin treading water</li> </ol>
	PERCH	TROUT	BASS
	<ol style="list-style-type: none"> <li>1. Review Level 2 skills</li> <li>2. Front crawl with breathing</li> <li>3. Begin back crawl technique</li> <li>4. Tread water 15 seconds</li> </ol>	<ol style="list-style-type: none"> <li>1. Coordinated back crawl stroke</li> <li>2. Water entry techniques</li> <li>3. Front crawl with breath</li> <li>4. Begins survival stroke technique</li> </ol>	<ol style="list-style-type: none"> <li>1. Survival stroke 15 yards</li> <li>2. Begin elementary backstroke</li> <li>3. Tread water 30 seconds</li> <li>4. Front crawl with breath 15 yards</li> </ol>
WAHOO	BARRACUDA		
<ol style="list-style-type: none"> <li>1. Front &amp; back crawl - 25 yards</li> <li>2. Elementary backstroke</li> <li>3. Breathstroke kick</li> <li>4. Sidestroke kick</li> <li>5. Open turns</li> </ol>	<ol style="list-style-type: none"> <li>1. Deep water bobbing</li> <li>2. Advanced tread water</li> <li>3. Back float water</li> <li>4. Underwater swim</li> <li>5. Feet first surface dives</li> <li>6. Begin butterfly techniques</li> </ol>		
MARLIN	SWORDFISH		
<ol style="list-style-type: none"> <li>1. Sidestroke arms</li> <li>2. Breathstroke arms</li> <li>3. Front &amp; back crawl</li> <li>4. Elementary backstroke</li> <li>5. Butterfly</li> <li>6. Underwater swim</li> </ol>	<ol style="list-style-type: none"> <li>1. Tread water</li> <li>2. Survival swimming</li> <li>3. Tuck and pike surface dives</li> <li>4. Rescue breathing</li> <li>5. Flip turn review</li> <li>6. Sidestroke with kick</li> </ol>		
HAMMERHEAD SHARK	GREAT WHITE SHARK		
<ol style="list-style-type: none"> <li>1. Breathstroke - 50 yards</li> <li>2. Front Crawl - 50 yards</li> <li>3. Back Crawl - 50 yards</li> <li>4. Butterfly - 20 yards</li> <li>5. Sidestroke with inverted kick</li> </ol>	<ol style="list-style-type: none"> <li>1. Review surface dives</li> <li>2. Tread water - 5 minutes</li> <li>3. Retrieve diving brick - 6 feet</li> <li>4. Distance swimming</li> <li>5. Flip turn review</li> <li>6. Advanced unerwater swim</li> </ol>		