



**R
E
D

C
R
O
S
S

S
W
I
M
L
E
V
E
L
S**

1	GOLDFISH <ol style="list-style-type: none"> 1. Water exploration 2. Enters and plays in the Clover Pool 	MINNOW <ol style="list-style-type: none"> 1. Blows bubbles 2. Puts face in water 3. Bobs for toys 	TADPOLE <ol style="list-style-type: none"> 1. Swims underwater for 5-10 seconds 2. Submerges and retrieves toys from shallow water 3. Prone float
2	FROG <ol style="list-style-type: none"> 1. Begin breathing techniques 2. Assisted back float 3. Flutter kick 4. Streamline technique 	TOAD <ol style="list-style-type: none"> 1. Prone float with flutter kick 2. Back float 3. Crawl arm stroke 4. Rhythmic breathing 5. Assisted roll over 	BULLFROG <ol style="list-style-type: none"> 1. Back float with flutter kick 2. Coordinated kick and stroke with breathing 3. Finning on back 4. Begin treading water
3	PERCH <ol style="list-style-type: none"> 1. Review Level 2 skills 2. Begin side breathing 3. Begin elementary backstroke 4. Tread water for 15 seconds 	TROUT <ol style="list-style-type: none"> 1. Review Level 2 skills 2. Front crawl stroke with side breathing 3. Coordinated elementary backstroke 4. Begin backstroke 5. Dolphin kick 	BASS <ol style="list-style-type: none"> 1. Review Level 2 skills 2. Coordinated backstroke 3. Deep water bobbing 4. Tread water for 30 seconds 5. 15 yard front crawl stroke with side breath
4	WAHOO <ol style="list-style-type: none"> 1. Review Level 3 skills 2. 30 yard front crawl stroke with side breath 3. Continue working on backstroke 4. Sidestroke 5. Underwater swim navigation - pick up a ring, near and far, in one try 		BARRACUDA <ol style="list-style-type: none"> 1. Review Level 3 skills 2. 30 yard backstroke 3. Advanced treading water for 1 minute 4. Feet first surface dive 5. Breaststroke 6. Begin butterfly
5	MARLIN <ol style="list-style-type: none"> 1. Review Level 4 skills 2. 20 yard sidestroke 3. 20 yard breaststroke 4. Review backstroke, front crawl, sidestroke and breaststroke technique 5. Coordinate butterfly 6. Open turns 		SWORDFISH <ol style="list-style-type: none"> 1. Review Level 4 skills 2. Advanced treading for 2 minutes 3. Begin flip-turn technique 4. 30 yard sidestroke 5. 30 yard breaststroke 6. Retrieve diving ring in deep water
6	HAMMERHEAD SHARK <ol style="list-style-type: none"> 1. Review Level 5 skills 2. Distance Swimming - 8 lengths of New Pool 3. Flip-turn review 4. Advanced underwater swim navigation - pick up ring near and far in deep water 		GREAT WHITE SHARK <ol style="list-style-type: none"> 1. Review Level 5 skills 2. Advanced treading for 5 minutes 3. Retrieve diving brick - in 6 feet of water 4. Individual Medley - butterfly + backstroke+ breaststroke + front crawl 5. Sidestroke with inverted kick
	ORCA <ol style="list-style-type: none"> 1. Review Level 6 skills 2. 100 yard stroke medley 3. Backstroke with flip-turn 4. Junior Lifeguarding Skills – simple entries and assists. Rescue entry with tube, rescue tube save 		