



	 <b>Lobster</b> (10-12 x 15 yds)	 <b>Sealion</b> (200– 300 yds)	 <b>Dolphin</b> (300-500 yds)	 <b>Orca</b> (500-800 yds)	 <b>Shark</b> (500-800 yds)
<b>Freestyle Skills</b>	Flutter Kicks - With kickboard , 15 yds	Flutter Kicks - With kickboard, 25 yds	- - -	Flutter Kicks - With kickboard, 2x 50 yds	- - -
	Freestyle, Big arms, Side breathing, 15 yds	Freestyle, Big arms, Side breathing, 25 yds	Proper Freestyle, 50 yds	Proper Freestyle, 2x 50 yds	Proper Freestyle, 2x 100 yds
<b>Backstroke Skills</b>	Flutter Kicks—On back with kickboard ,15 yds	Flutter Kicks—On back with kickboard ,25 yds	Flutter Kicks—On back with kickboard 50 yds	Flutter Kicks—On back 50 yds	- - -
	Backstroke, Straight arms, 15 yds	Backstroke, Straight arms, 25 yds	Proper Backstroke, 50 yds	Proper Backstroke, 2x 50 yds	Proper Backstroke, 2x 100 yds
<b>Breaststroke Skills</b>	Whip Kicks - with kickbar, 15 yds	Whip Kicks - with kickbar, 25 yds	Whip Kicks - With kickboard 25 yds	Proper Whip Kicks - With kickboard 25 yds	Proper Whip Kicks - With kickboard 50 yds
	Breaststroke- Intro arm motion, breathing, 15 yds	Breaststroke- Intro arm motion, breathing, 25 yds	Breaststroke- 25 yds	Breaststroke- 50 yds	Proper Breaststroke- 50 yds
<b>Elementary Backstroke Skills</b>	Frog Kicks on back- with noodle, 15 yds	Proper Frog Kicks on back- with noodle, 25 yds	Proper Frog Kicks on back – with noodle, 50 yds	- - -	- - -
	Elementary Backstroke, 15 yds	Elementary Backstroke, 25 yds	Proper Elementary Backstroke, 50 yds	Proper Elementary Backstroke, 100 yds	- - -
<b>Butterfly Skills</b>	Dolphin Kick – With fins, 15 yds	Dolphin Kick – With fins, 25 yds	Proper Dolphin Kick – 25 yds	Proper Dolphin Kick – 50 yds	- - -
			Butterfly stroke, Intro	Butterfly stroke, 25 yds	Butterfly stroke, 25 yds
<b>Distance Swimming</b>	25 yds	50 yds	100 yds	200 yds	500 yds
<b>Diving</b>	Sitting dive, Safety	Kneeling dive, Safety	Standing dive from side	Standing dive from block	Standing Dive from block, Racing Dive, Intro
<b>Additional Skills</b>	5 Bobs with Bubbles at 4’ side of pool Tread Water, 15-20 sec Backfloat, 15-20 sec Retrieve Ring, 4’ Slide, Safety	Tread Water, 30 sec Backfloat, 30 sec Underwater swim in 4’ Jump off blocks Jump off diving board	Tread Water, 1 min Backfloat, 1 min Jump off blocks Jump off diving board Swim to bottom 7’	Tread water, 2 min Backfloat, 2 min Jump off diving board Swim to bottom 7’	Tread water, 2 min Backfloat, 2 min Swim to bottom 13’ Flip Turns Clothing Swim

- - - Skill maintained  
**15 yds** Ladder to ladder in small area of big pool (by red slide)