



 <b>Starfish</b> Ages 3 & 4	 <b>Goldfish</b> Ages 3 & 4	 <b>Puddleduck</b> Ages 3 & 4	 <b>Duck</b> Ages 5 & Up	 <b>Seahorse</b> Ages 4 & Up
<b>Breath Control</b>	8-10 sec	10-12 sec	---	10-12 sec	---
<b>Front Buoyancy</b>	Face Float 10 sec, assisted	Face Float 10 sec	---	Face Float 10 sec	---
<b>Front Movement Skills</b>	Flutter Kicks with Kickbar	Flutter Kicks—Straight Leg with KickBar Kick Glide, assisted	--- Kick Glide	Flutter Kicks—Straight Leg with KickBar Kick Glide	Flutter Kicks—Straight Leg with KickBoard ---
	Arms, Intro	Arms	Freestyle Arms, Intro	Freestyle Arms, Intro	Freestyle Arms
	8-10 sec Swim 5-10 ft (Independent)	Swim 1/2 W with One or More Front Breaths Swim 1/2 W and Roll to back	Swim W with Multiple Front Breaths Swim W with Rolling Breaths on Back	Swim W with Multiple Front Breaths Swim W with Rolling Breaths on Back	Swim L with Multiple Front Breaths Swim L with Rolling Breaths on Back Side Breathing, Intro
<b>Back Buoyancy</b>	Back Float 10 sec, assisted	Back Float 10 sec	---	Back Float 10 sec	Back Float in Big Pool, 10 sec
<b>Back Movement Skills</b>		Back Kick with Kickbar Backfin, assisted	--- Backfin W Frog Kick on Back with Noodle, intro Monkey, Airplane, Soldier, Intro	Back Kick with Kickbar Backfin W Backstroke Arms, intro Elementary Back, intro	--- Backfin L Backstroke Arms, intro Elementary Back, intro
<b>Jumps</b>	Jumps and Swim 8-10 sec	Jump and Swim 1/2 W with breath	Jump and Swim W	Jump and Swim W	Jump and Swim L Sit Dives in Big Pool Only
<b>Underwater</b>	Face In to Retrieve Object on Bottom of Pool	10 sec Retrieve Object on Bottom at 4', assisted	10-12 sec Retrieve Object on Bottom at 4', initially assisted	10-12 sec Retrieve Object on Bottom at 4', initially assisted	Retrieve Object on Bottom at 4' Under water swim 1/2 W
<b>Additional Skills</b>		5 Bobs with Bubbles at 4' side of pool, intro	5 Bobs with Bubbles at 4' side of pool Tread Water— Intro Dolphin Kick, Intro	5 Bobs with Bubbles at 4' side of pool Tread Water— Intro Dolphin Kick, Intro	Tread Water— 10 sec Whip Kick, intro Dolphin Kick, intro Slide, Big Pool, safety

--- Skill maintained  
**W** Width of small pool  
**L** Length of small pool or 10 yds in big pool (ladder to yellow island)