

Lil Pearlers

Participate in the following:

- Water Games & Songs
- Introduction to entering & exiting the pool
- Introduction to arm & leg movements
- Introduction to floating with various aids
- Introduction to submersion

Lil Nippers Stage One and Two

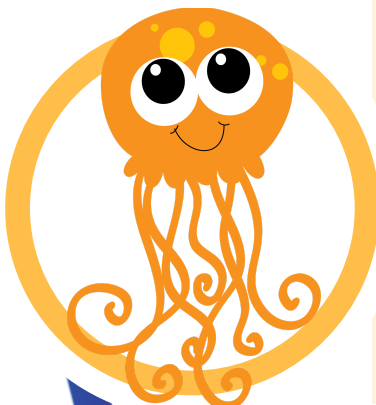
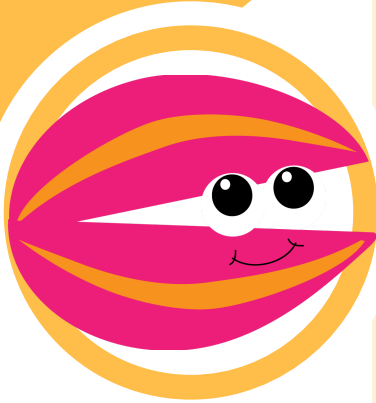
Participate in the following:

- Water Games & Songs
- Entering & exiting the pool
- Introduction to kicking with aid and blowing bubbles
- Floating on back with assistance
- Independent water movement and underwater movement
- Skills to submersion

Jellyfish

Participate in the following:

- Independent entering & exiting the pool
- Introduction to kicking with board, blowing bubbles
- Independent float with aids
- Independent water movement and underwater movement
- Introduction to water safety

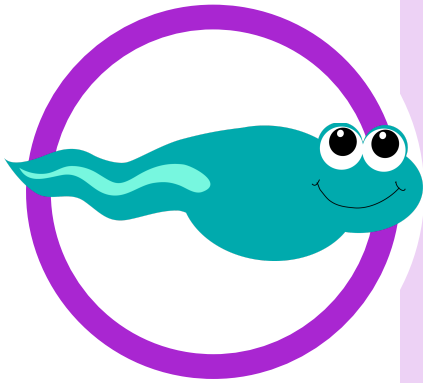




Starfish

Demonstrate the ability to:

- Willingly submerge & blow bubbles
- Front float with aid for 5 seconds
- Back float with aid for 5 seconds
- 6m freestyle kick with aid
- 6m backstroke kick with aid
- Push & glide streamline



Tadpole

Demonstrate the ability to:

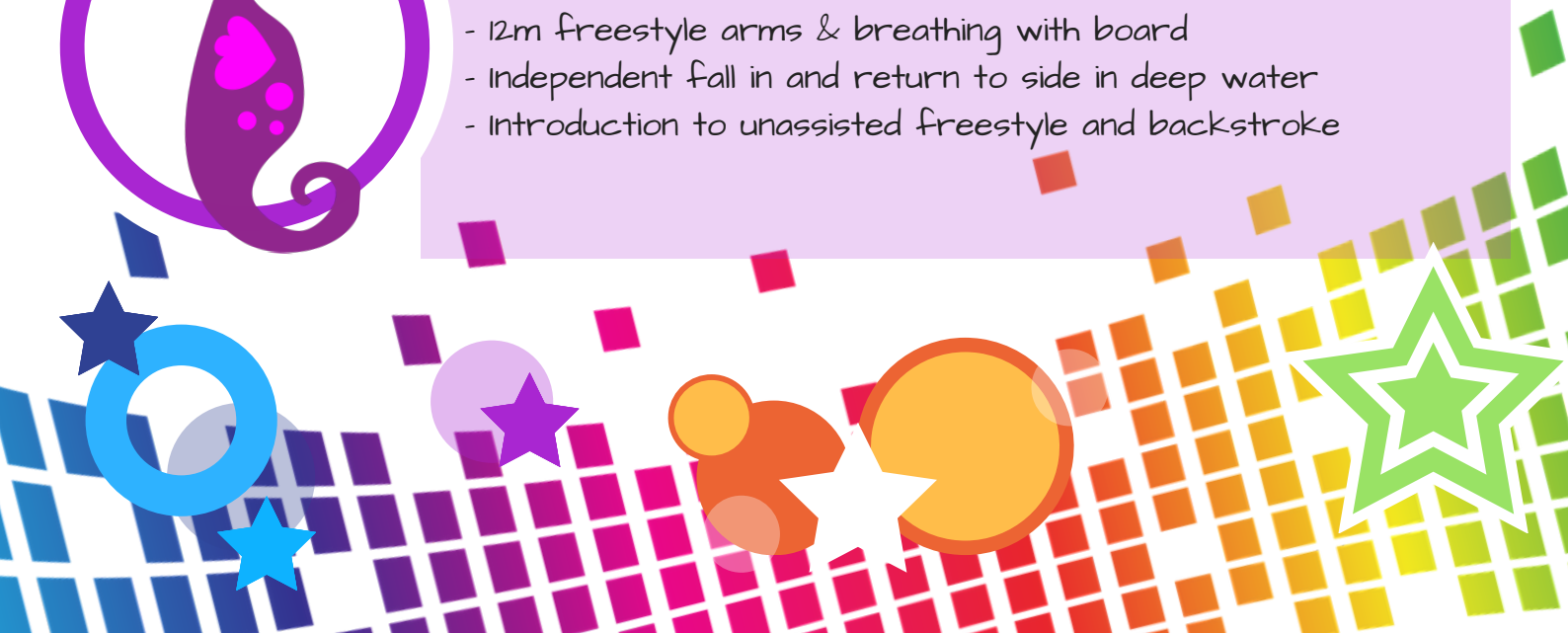
- Front float and back float unaided for 5 seconds
- 12m freestyle kick with board
- 12m backstroke kick with board
- 5m streamline torpedo
- Introduction to deep water



Seahorse

Demonstrate the ability to:

- Front float, flip to back float
- 12m backstroke with board
- 12m freestyle arms & breathing with board
- Independent fall in and return to side in deep water
- Introduction to unassisted freestyle and backstroke



Fish

Demonstrate the ability to:

- 12m freestyle
- 12m backstroke
- 25m survival stroke
- Tread water for 10 seconds in main pool
- Introduction to breaststroke kick

Frog

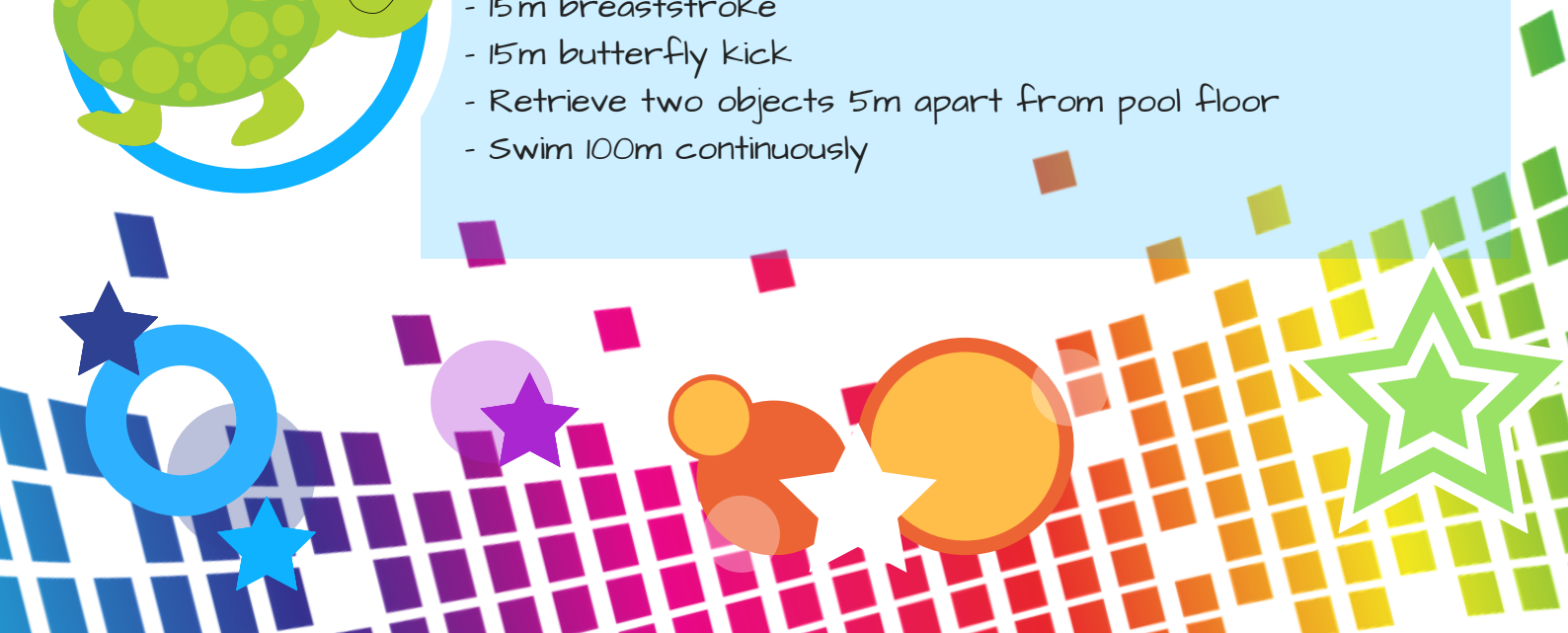
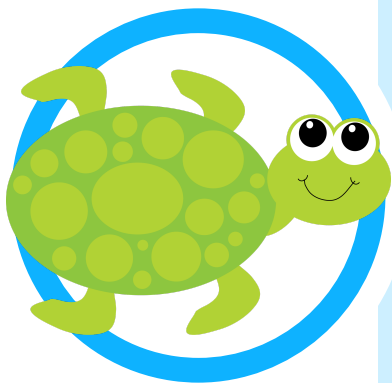
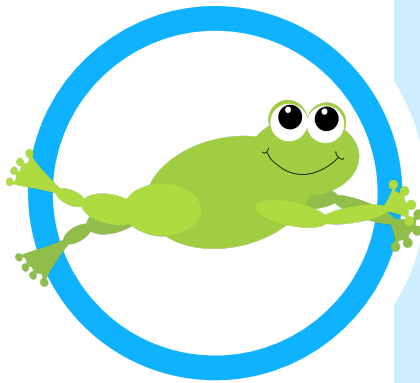
Demonstrate the ability to:

- 15m freestyle bilateral breathing
- 15m backstroke
- 15m breaststroke kick
- Swim 50m continuously
- Tread water for 30 seconds with help signal

Turtle

Demonstrate the ability to:

- 25m freestyle
- 25m backstroke
- 15m breaststroke
- 15m butterfly kick
- Retrieve two objects 5m apart from pool floor
- Swim 100m continuously



Dolphin

Demonstrate the ability to:

- 50m freestyle
- 50m backstroke
- 50 breaststroke
- 25 butterfly with fins
- Swim 200m continuously

Stingray

Demonstrate the ability to:

- 100m freestyle
- 100m backstroke
- 100m breaststroke
- 25m butterfly
- Swim 400m continuously

Shark

Recorded times for:

- 100m freestyle timed
- 100m backstroke timed
- 100m breaststroke timed
- 50m butterfly timed

