





	 Lobster (10-12 x 15 yds)	 Sealion (200– 300 yds)	 Dolphin (300-500 yds)	 Orca (500-800 yds)	 Shark (500-800 yds)
Freestyle Skills	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
Backstroke Skills	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
Breaststroke Skills	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
Elementary Backstroke Skills	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	---
Butterfly Skills	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
Distance Swimming	25 yds	50 yds	100 yds	200 yds	500 yds
Diving	Sitting dive, Safety	Kneeling dive, Safety	Standing dive from side	Standing dive from block	Standing Dive from block, Racing Dive, Intro
Additional Skills	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)