



 Starfish Ages 3 & 4	 Goldfish Ages 3 & 4	 Puddleduck Ages 3 & 4	 Duck Ages 5 & Up	 Seahorse Ages 4 & Up
Breath Control	8-10 sec	10-12 sec	---	10-12 sec	---
Front Buoyancy	Face Float 10 sec, assisted	Face Float 10 sec	---	Face Float 10 sec	---
Front Movement Skills	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
Back Buoyancy	Back Float 10 sec, assisted	Back Float 10 sec	---	Back Float 10 sec	Back Float in Big Pool, 10 sec
Back Movement Skills		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
Jumps	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
Underwater	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
Additional Skills		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)