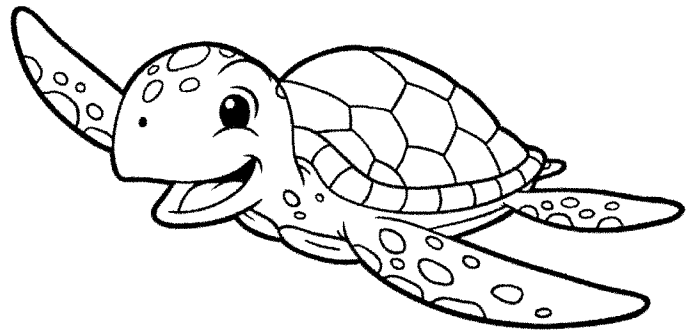


Turtles

Skills:

- Basic Safety Rules
- Blow Bubbles
- Enter/Exit water safely with parent
- Supported front float
- Supported back float
- Supported front kicks
- Supported doggy paddle

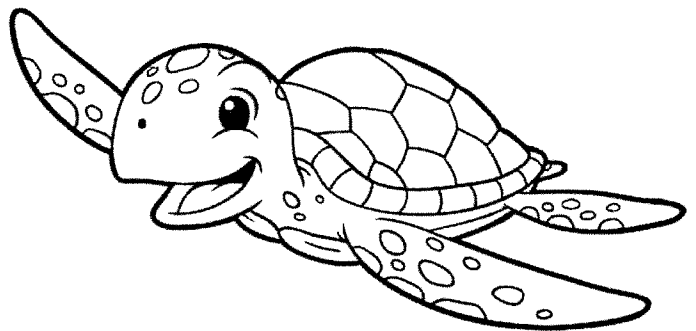


Next Recommended Level

Turtles

Skills:

- Basic Safety Rules
- Blow Bubbles
- Enter/Exit water safely with parent
- Supported front float
- Supported back float
- Supported front kicks
- Supported doggy paddle



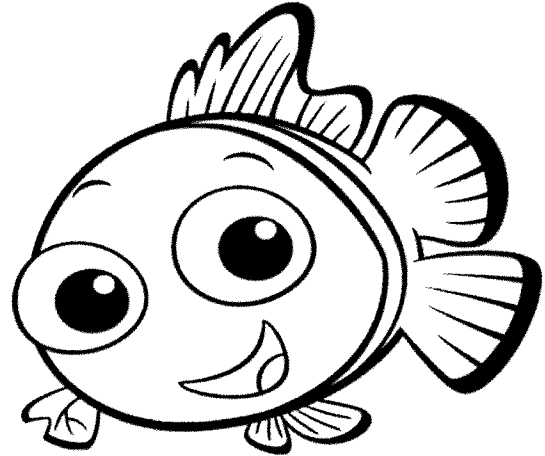
Next Recommended Level

Guppy

Skills:

- Basic Safety Rules
- Blow Bubbles
- Enter/Exit water safely
- Submerge face
- Supported front float
- Supported back float
- Supported freestyle (doggy paddle)
- Supported back kicks
- Retrieve objects under water
- Rhythmic breathing 5 times

Next Recommended Level

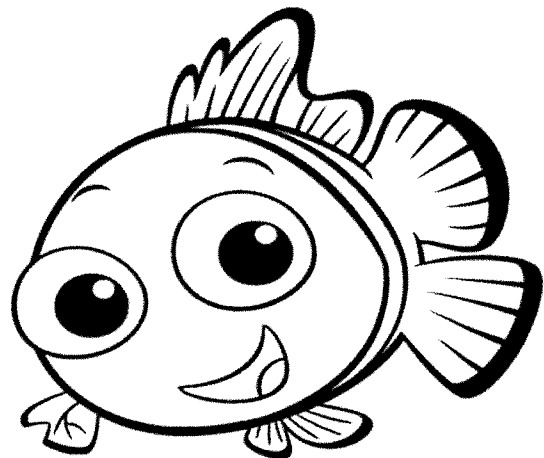


Guppy

Skills:

- Basic Safety Rules
- Blow Bubbles
- Enter/Exit water safely
- Submerge face
- Supported front float
- Supported back float
- Supported freestyle (doggy paddle)
- Supported back kicks
- Retrieve objects under water
- Rhythmic Breathing 5 times

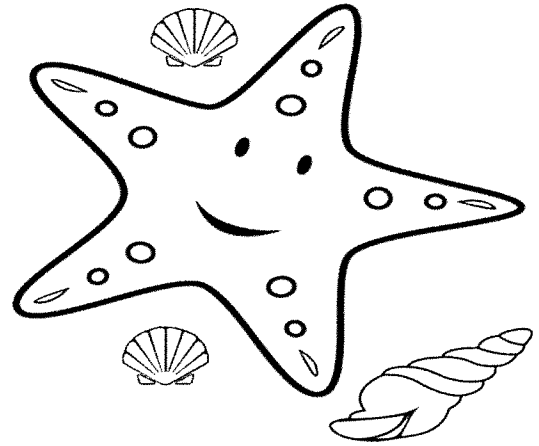
Next Recommended Level



Starfish

Skills:

- Basic Safety Rules
- Submerge face
- Unsupported front float
- Unsupported back float (10 seconds)
- Unsupported freestyle (on noodle)
- Front kicks with streamline
- Back kicks (on noodle)
- Retrieve objects under water

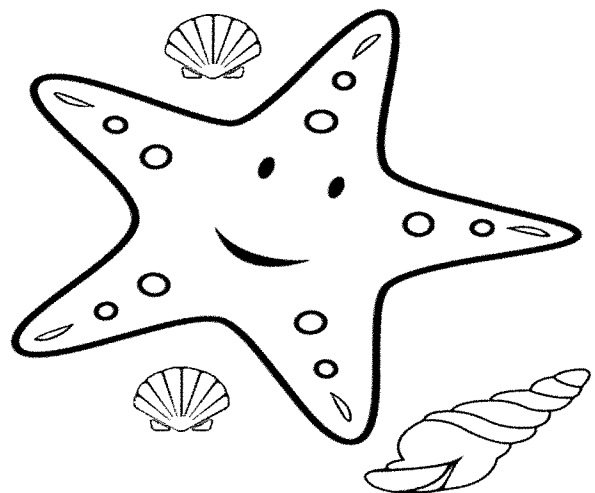


Next Recommended Level

Starfish

Skills:

- Basic Safety Rules
- Submerge face
- Unsupported front float
- Unsupported back float (15 seconds)
- Unsupported freestyle (on noodle)
- Front kicks with streamline
- Back kicks (on noodle)
- Retrieve objects under water

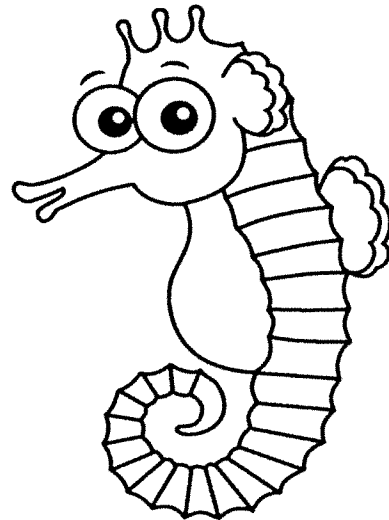


Next Recommended Level

Seahorses

Skills:

- Basic Safety Rules
- Breath holding
- Back float
- Unsupported freestyle (10-15 feet)
- Unsupported back kicks
- Backstroke
- Streamline

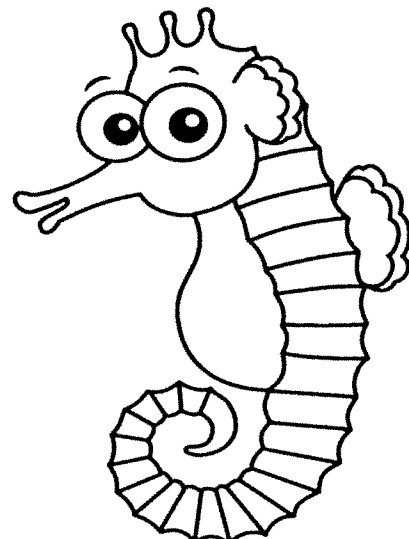


Next Recommended Level

Seahorses

Skills:

- Basic Safety Rules
- Breath holding
- Back float
- Unsupported freestyle (10-15 feet)
- Unsupported back kicks
- Backstroke
- Streamline

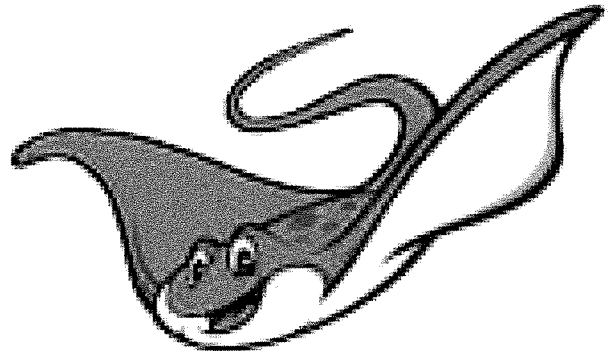


Next Recommended Level

Stingray

Skills:

- Basic Safety Rules
- Tread water for at least 30 sec.
- Breaststroke Kick
- Dolphin Kick
- 25 yd. Freestyle
- 25 yd. Backstroke
- Kneel Dive

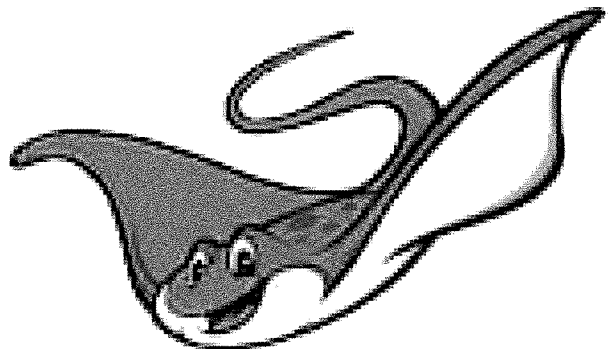


Next Recommended Level

Stingray

Skills:

- Basic Safety Rules
- Tread water for at least 30 sec.
- Breaststroke Kick
- Dolphin Kick
- 25 yd. Freestyle
- 25 yd. Backstroke
- Kneel Dive

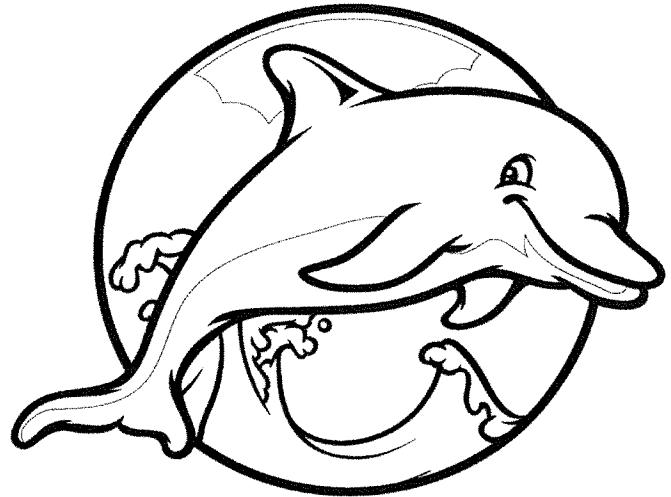


Next Recommended Level

Dolphin

Skills:

- Basic Safety Rules
- Tread water for at least 30 sec.
- 25 yd. Breaststroke
- 50 yd. Freestyle
- 50 yd. Backstroke
- 25 yd. Sidestroke
- Dolphin Kick and Arms
- Simple Dive

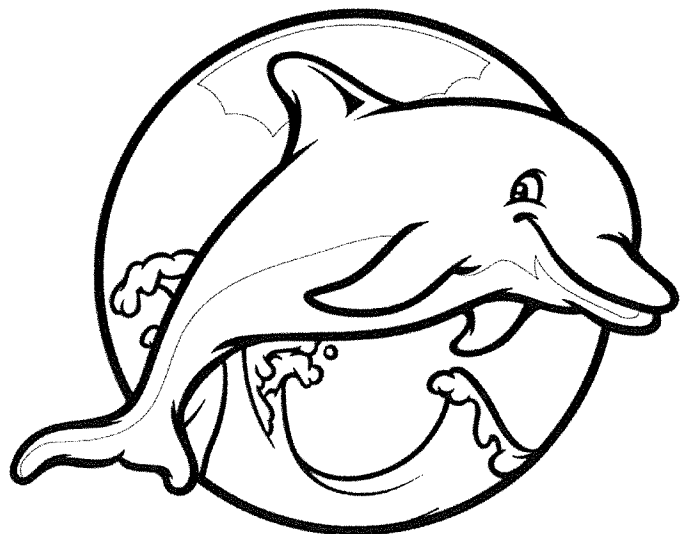


Next Recommended Level

Dolphin

Skills:

- Basic Safety Rules
- Tread water for at least 30 sec.
- 25 yd. Breaststroke
- 50 yd. Freestyle
- 50 yd. Backstroke
- 25 yd. Sidestroke
- Dolphin Kick and Arms
- Simple Dive



Next Recommended Level