Preschool Lessons 3yr - 5yrs

PIKE
- [ ] Jump in
- [ ] Submerge for 3 Seconds
- [ ] 3 Bobs
- [ ] Back Float 10 seconds
- [ ] Participated in Safety day
- [ ] Kick on Front/Back supported
- [ ] Swim on Front for 5 ft Unassisted
- [ ] Front Streamline

Eel
- [ ] Swim 20 ft on Front Unassisted
- [ ] Swim 10 ft on Back Unassisted
- [ ] Kicks on Front/Back Unassisted
- [ ] Tread Water for 15 seconds
- [ ] Participated in Safety day
- [ ] 10 Bobs
- [ ] Climb up and down pole
- [ ] Front/Back Streamline

Ray
- [ ] Swim 15m on Front Unassisted
- [ ] Swim 15m on Back Unassisted
- [ ] Rhythmic Breathing
- [ ] Tread Water for 20 seconds
- [ ] Front/Back somersaults
- [ ] Jump off Dive Blocks
- [ ] Climb up and down pole
- [ ] Front/Back Streamline for 5 ft

Starfish
- [ ] Swim 25m on Front Unassisted
- [ ] Swim 25m on Back Unassisted
- [ ] Rhythmic Breathing
- [ ] Tread Water for 30 seconds
- [ ] Front/Back somersaults
- [ ] Kneeling Dive
- [ ] Back Streamline and Swim
- [ ] Front Streamline and Swim

School Age Lessons 6yrs & up

Polliwog
- [ ] Swim 15 ft on Front Unassisted
- [ ] Swim 15 ft on Back Unassisted
- [ ] 10 Bobs
- [ ] Tread Water for 20 seconds
- [ ] Front/Back Streamline
- [ ] Jump off Dive Block
- [ ] Pick up Dive Toy at 4 ft
- [ ] Participated in Safety Day

Guppy
- [ ] Swim 25m on Front Unassisted
- [ ] Swim 25m on Back Unassisted
- [ ] Kneeling Dive
- [ ] Tread Water for 30 seconds
- [ ] Front Streamline and Swim
- [ ] Back Streamline and Swim
- [ ] Pick up Dive Toy at 5 ft
- [ ] Participated in Safety Day

Minnow
- [ ] Swim 50m on Front Unassisted
- [ ] Swim 50m on Back Unassisted
- [ ] Standing Dive
- [ ] Tread Water for 45 seconds
- [ ] Front Streamline 10 ft and Swim
- [ ] Back Streamline 10 ft and Swim
- [ ] Front/Back Flip Turns
- [ ] Swim 25 m of Breaststroke

Fish
- [ ] Swim 50m on Front with Side Breathing
- [ ] Swim 50m on Back
- [ ] Swim 50m of Breaststroke
- [ ] Standing dive off Dive Block
- [ ] Front/Back Flip Turns
- [ ] Back Streamline 25m