

# Passing Skills:

<p><b><u>Starfish (Level I)</u></b>                  Submerge for at least 3 sec.                  Supported front float                  Supported back float                  Supported front kick                  Supported back kick                  Intro to front crawl arms</p>	Completed: <div style="border: 1px solid black; width: 60px; height: 60px; margin: 0 auto;"></div>	Date: _____  Initials: _____
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<p><b><u>Seahorse (Level II)</u></b>                  Unsupported front float                  Unsupported back float                  Unsupported front kick                  Unsupported back kick                  Combined front stroke for 5 yards                  Intro to side breathing                  Back crawl arm action                  Jump into shallow water unassisted                  Retrieve objects under water</p>	Completed: <div style="border: 1px solid black; width: 60px; height: 60px; margin: 0 auto;"></div>	Date: _____  Initials: _____
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<p><b><u>Minnow (Level III)</u></b>                  Front glide with push off                  Back glide with push off                  Front crawl for 15 yards                  Back crawl for 15 yards                  Elementary backstroke for 15 yards                  Side breathing                  Jump into deep water                  Dive from kneeling and compact positions (WCAC only)</p>	Completed: <div style="border: 1px solid black; width: 60px; height: 60px; margin: 0 auto;"></div>	Date: _____  Initials: _____
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<p><b><u>Otter (Level IV)</u></b>                  Front crawl side breathing 25 yards                  Elementary backstroke for 25 yards                  Breaststroke for 25 yards                  Intro to sidestroke                  Intro to turns                  Dive from stride and standing positions (WCAC only)</p>	Completed: <div style="border: 1px solid black; width: 60px; height: 60px; margin: 0 auto;"></div>	Date: _____  Initials: _____
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<p><b><u>Dolphin (Level V)</u></b>                  Front crawl for 50 yards                  Back crawl for 50 yards                  Elementary backstroke for 50 yards                  Breaststroke for 50 yards                  Intro to butterfly                  Swim underwater for 10 yards                  Flip turn on front                  Intro to flip turn on back</p>	Completed: <div style="border: 1px solid black; width: 60px; height: 60px; margin: 0 auto;"></div>	Date: _____  Initials: _____
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<p><b><u>Shark (Level VI)</u></b>                  Front crawl for 75 yards                  Back crawl for 75 yards                  Elementary backstroke for 75 yards                  Breaststroke for 75 yards                  Sidestroke for 50 yards                  Butterfly for 25 yards                  Individual medley (100 yards)                  Flip turns for front and back crawl                  Speed turn breaststroke &amp; butterfly</p>	Completed: <div style="border: 1px solid black; width: 60px; height: 60px; margin: 0 auto;"></div>	Date: _____  Initials: _____
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