



Starfish (Level I)

- Submerge for at least 3 sec
- Supported front float
- Supported front kick
- Intro to front crawl arms
- Supported back float
- Supported back kick

Completed:

Date: _____

Initials: _____

Seahorse (Level II)

- Unsupported front float
- Unsupported front kick
- Combined front stroke for 5 yards
- Intro to side breathing
- Unsupported back float
- Unsupported back kick
- Back crawl arm action
- Jump into shallow water unassisted
- Retrieve objects under water

Completed:

Date: _____

Initials: _____

Stingray (Level III)

- Front glide with push off
- Front crawl side breathing 10 yards
- Back glide with push off
- Back crawl for 10 yards
- Intro to Elementary Backstroke
- Jump into deep water

Completed:

Date: _____

Initials: _____

Minnow (Level IV)

- Front crawl side breathing 15 yards
- Back crawl for 15 yards
- Elementary backstroke for 15 yards
- Intro to Breaststroke
- Dive from kneeling and compact positions (EGAC/WCAC only)

Completed:

Date: _____

Initials: _____

Otter (Level V)

- Front crawl side breathing 25 yards
- Intro to turns
- Breaststroke for 25 yards
- Intro to sidestroke
- Back crawl 25 yards
- Elementary backstroke for 25 yards
- Dive from stride and standing positions (EGAC/WCAC only)

Completed:

Date: _____

Initials: _____

Dolphin (Level VI)

- Front crawl for 50 yards
- Flip turn on front
- Breaststroke for 50 yards
- Sidestroke 25 yards
- Intro to butterfly
- Back crawl for 50 yards
- Intro to flip turn on back
- Elementary backstroke for 50 yards
- Intro to Treading Water

Completed:

Date: _____

Initials: _____

Shark (Level VII)

- Front crawl for 75 yards
- Flip turns for front crawl
- Breaststroke for 75 yards
- Butterfly for 25 yards
- Speed turn breaststroke & butterfly
- Sidestroke for 50 yards
- Back crawl for 75 yards
- Flip turns for back crawl
- Elementary backstroke for 75 yards
- Treading Water for 1 min

Completed:

Date: _____

Initials: _____