Check off each skill as your child progresses.

- Shallow-angle dive into deep water
- Tuck and pike surface dives
- Tread water for 5 minutes, 2 minutes legs only
- Front crawl 100 yards
- Elementary Backstroke 50 yards
- Backstroke 50 yards
- Breaststroke 25 yards
- Butterfly 25 yards
- Introduction to Sidestroke
- Front flip turn
- Backstroke flip turn
- Surface dive and retrieve object from the bottom of 7 ft.
- Water safety, diving safety and pool rules
- Reaching & extension assists

Exit Skills to go to next level:

- Perform a shallow-angle dive into deep water and swim an I.M.- 25 yards each of Butterfly, Backstroke, Breaststroke and Front Crawl with appropriate turns.

Helpful hints for your child to be successful in his/her class.

Bring your child to the pool during recreational swim and practice the following items. You must be in the water and feel comfortable at all times during the practice of these skills. You must also be comfortable in deep water to practice these skills with your child.

1. Practice front crawl, backstroke, breaststroke and butterfly, increasing the distance a little each time, until comfortable.
2. Hold onto the wall and practice scissor kick. Brace one arm on gutter and one arm pushing against wall. Your child should be on his/her side in the water. Legs should be moving forward and backward in the water near the surface, not reaching for the bottom of the pool.
3. Practice surface dives to retrieve objects from the bottom of the pool, increasing depth a little each time.
4. Practice shallow-angle dives from the side of the pool, 6ft or more in depth.