

### 1. DUNKERS

|                                   |                                       |
|-----------------------------------|---------------------------------------|
| Front Push Off                    | Correct push-off w/superman arms      |
|                                   | Face in water - correct body position |
|                                   | Glide 3 yards                         |
|                                   | Front float for 10 seconds            |
| Back Push Off                     | Correct Push Off                      |
|                                   | Head back & Stomach up                |
|                                   | Glide 3 yards                         |
| Front push off in switch position | Correct Push Off in switch position   |
|                                   | Face in Water                         |
|                                   | Glide for 3 yards                     |

### 2. UNDERWATER EXPLORERS

|                                  |  |
|----------------------------------|--|
| Front Crawl "Switches"           | Correct Head and Body Position w/ face in water while doing front push-off |
|                                  | Straight Arms  |
|                                  | 2-3 effective switches   |
| Back Kick in the Switch Position | Efficient Flutter Kick 5 yards   |
|                                  | Correct Head and Body Position w/ breathing, while doing back push-off     |
|                                  | Straight Arms at ear and side  |
|                                  | Efficient 5 yard flutter kick  |

### 3. FRIENDLY FLOATERS

|   |  |
|---|--|
| Front Crawl "Switches"                      | Front push off w/ correct head & body position |
|   | High bent elbows on arm switches               |
|   | Proper coordinated arm motion                  |
|   | 4-6 effective switches                         |
|   | Efficient Flutter Kick for 10 yards            |
| Backstroke "Switches"                       | Correct Head and Body Position                 |
|   | While Breathing                                |
|   | Proper coordinated arm motion                  |
|   | Beginnings of a Shoulder Roll w/ Arm Pull      |
|   | 4-6 effective switches                         |
| Elementary Backstroke Arms with Flutterkick | Efficient Flutter Kick 10 yards                |
|   | Correct Push-off                               |
|   | While Breathing                                |
|   | Correct Head and Body Position                 |
|   | Correct Arm Pull                               |
|   | Efficient Flutter Kick                         |
|   | Distance 10 yards                              |

### 4. GOLDEN GUPPIES

|   |   |
|---|---|
| Front Crawl                                 | Correct Head and Body Position            |
|   | High bent elbows on arm switches          |
|   | Coordinated Rotary Breathing              |
|   | Efficient Flutter Kick                    |
| Backstroke                                  | Distance 15 yards                         |
|   | Correct Head and Body Position            |
|   | Proper Coordinated Arm Motion             |
|   | Efficient Flutter Kick                    |
| Elementary Backstroke Arms with Flutterkick | Shoulder Roll w/ Bent Underwater Arm Pull |
|   | Distance 15 yards                         |
|   | Propulsive Kick                           |
| Elementary Backstroke Kick with Kickboard   | Flexed Feet                               |
|   | Efficient Flutter Kick                    |
|   | Distance 15 yards                         |
|   | Propulsive Kick                           |
| Elementary Backstroke Kick with Kickboard   | Flexed Feet                               |
|   | Down, Out, Around, Glide Motion           |
|   | Distance 15 yards                         |

