

# Junior Swim Lessons

## 1. SNAILS

Front kicks with kickboard	Face in the water	
	Distance of 5 yards	
Back kicks with kickboard	Head back	
	Stomach up	
	Distance of 5 yards	
Blow bubbles for 5 seconds		
Hold my breath, with face in the water, for 5 sec.		
Front float for 10 seconds with assistance		
Back float for 10 seconds with assistance		
Stay in the water for the entire class time		
Get my entire head wet		
Dob 5 Bobs		
Get in and out of the pool on my own		
Listen and follow directions from my teacher		
Know the basic safety rules		

## 2. TURTLES

Front Push-off	Face in the water	
	Correct push-off w/ Superman arms	
	Glide 5 yards w/ assistance	
Back Push-off	Correct push-off	
	Stomach up	
	Head back	
	Glide 5 yards w/assistance	
Front kicks with kickboard	Face in the water	
	Distance of 5 yards	
Back kicks with kickboard	Head back	
	Stomach up	
	Distance of 5 yards	
Front float 10 seconds w/o assistance		
Back float 10 seconds w/o assistance		
Swim underwater for 3 yards		
Jump into the 3.5 feet deep water with assistance		
Touch the bottom of the pool in 3 feet deep water		
Open my eyes underwater		
Do 10 Bobs		
Know basic safety rules		
Hold my breath for 10 seconds		

## 3. JELLYFISH

Front Push-off	Face in the water	
	correct push-off w/superman arms	
	Glide 5 yards w/o assistance	
Back Push-off	Correct head position w/ head back	
	While talking/breathing	
	Stomach up	
	Glide 5 yards w/o assistance	
Front kicks with kickboard	Face in the water	
	Distance of 10 yards	
Back kicks with kickboard	Head back	
	Stomach up	
	Distance of 10 yards	
Front float 10 seconds w/o assistance		
Back float 10 seconds w/o assistance		
Front kicks w/ arms in Switch Position for 5 yards		
Back kicks w/ arms in Switch position for 5 yards		
Retrieve an object underwater in 3ft deep water		
Jump in 3.5 ft deep water and swim back to wall		
Change directions in the water without assistance		
Hold my breath for 10 seconds		
Swim Underwater for 3 yards		
Do 15 Bobs		
15 "fishies"		