

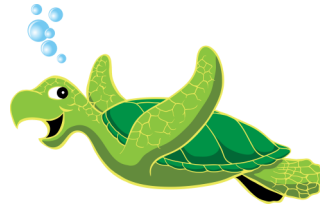


SWIM LESSONS

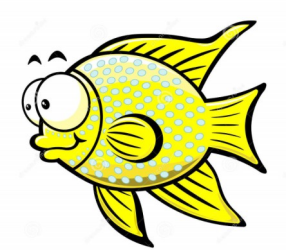


Level 1—Turtle

- Puts face in water
- Blows bubbles
- Holds their breath for 5 seconds
- 3 bobs
- Jumps into shallow water with help



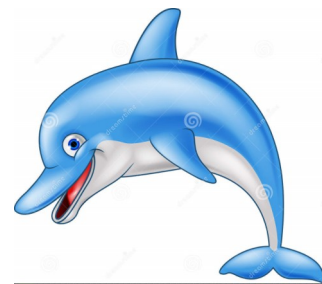
Level 2—Fish



- Holds breath for 8 seconds
- Holds breath for 8 seconds, turns head to side for air and then holds breath for another 8 seconds
- Floats on stomach and back
- Glides on stomach
- Kicks on stomach for 15 feet
- Jumps into water

Level 3—Dolphin

- Jumps into deep water
- Treads water for 1 minute
- Kicks on stomach across the width of the pool
- Kicks on back
- Swims with side breathing for 15 feet



Level 4—Shark



- Goes off diving board
- Swims 1 length of the pool freestyle
- Swims width of pool backstroke
- Attempts a shallow dive