**Limbs: Basic Water Acclimation**

Must learn to Pass:

* Enter the pool using the stairs without help.
* Getting into pool safely using the wall or edge without help.
* Up and down at least 8 times inhaling out of water, exhaling in water – Bubbles.
* Front Float – Back Float – Pancake Flip
* Water safety and life jacket safety
* Back Float to standing position.

**Twigs: Body Positioning**

Must learn to Pass:

* Front Glide
* Back Glide
* Treading water – Scissor kick or frog kick
* How to spot emergency or distressed swimmers – What to do?
* Alternating arms and legs
* Breath control

**Branches: Stroke Development**

Must learn to Pass:

* Moving independently to chest deep water
* Front, back, pancake no assist.
* Swim alternating arms and legs.
* Frog Kick, Scissor Kick, Flutter kick, Dolphin Kick
* Arm position from Front Crawl
* Leg position front crawl
* Arm position back Stroke
* Leg position Back Stroke
* Flip Turns

**Trees: Advance Stroke Form**

Must learn to Pass:

**FOREST: Stroke Performance**

* **All 5 Strokes Mastered**
* **Must be able to tread water for 5 minutes.**
* **Know Principles of Water safety and rescue.**
* Front Crawl
* Back Crawl
* Side Stroke
* Breaststroke
* Butterfly Stroke
* Deep water Treading