



STARFISH

Overcoming Fear for water

- Hold breathe underwater for 10 seconds
- Blow bubbles in water for 5 seconds
- Open eyes under water and count instructor's fingers
- Bob in rhythm 10 times
- Recover an object from the bottom of the pool
- Perform front glide with the aid of the kick board
- Float on back using kick board.
- Show understanding of the pool rules



JELLYFISH

Using your legs 10 meters

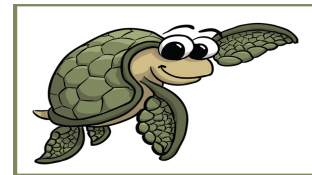
- Push off the wall and glide using kick board.
- Push off the wall and glide without board
- Perform freestyle kick using kick board.
- Perform one arm freestyle pull using kick board.
- Breathe at the side using the kick board.
- Perform full freestyle without board.
- Perform backstroke kick using kick board
- Perform fly kick using kick board.
- Perform breaststroke kick using kick board



FLYING FISH

Using your arms

- Climb out of pool without use of steps
- Perform full freestyle of 15 meters
- Perform turning from back to front and vice versa
- Perform one arm backstroke pull with kick board held on chest and kicking. 10 meters
- Perform backstroke pull for 10 meters
- Perform breaststroke pull for 10 meters
- Perform standing jump entry into pool.
- For each stroke kick for 25 meters using kick board



TURTLE

Combine pulls and kicks

- Perform freestyle - 25 meters
- Perform breaststroke - 25 meters
- Perform backstroke - 25 meters
- Tread water for 30 seconds in the deep end of the pool
- Bob in rhythm 10 times in deep water
- Perform sitting head first entry at the deep end of pool
- Perform standing jump entry at the deep end of the pool