











Shallow Water Skills

	Guppies	Starfish	Jellyfish	Otter
I am 6 weeks- 48 months old.				
I am 3-5 years old.				
I am 6+ years old.				
I can easily separate from my parent or caregiver.				
I can follow simple 1-3 step directions.				
I can independently stay in my "safe place" during instruction to other children.				
I have successfully attained all skills in Jellyfish.				

Skills:

Starfish (shallow water):

Enter/Exit Pool, Walk, Choo-choo, Climb out from Side, Bubbles from Nose/Mouth, Self-Submerge, Belly Float, Back Float, Kick to Steps & Stand, Roll to Back, Roll to Belly, Jump from Side, Kick&Fin on Back, Rocketship&Roll to Back, 10 Bobs, Hold Breath, Circle Arms, Circle Arms & Roll to Back

Jellyfish (shallow to mid water):

Walk, Climb out from Side, Bubbles from Nose, Self-Submerge, Belly Float, Back Float, Kick to Side & Climb Out, Roll to Back, Roll to Belly, Jump from Side, Kick&Fin on Back, Rocketship&Roll to Back, 10 Bobs, Hold Breath, Circle Arms, Circle Arms & Roll to Back, Jump & Kick/Finn 20ft, Jump & Circle Arms 20ft

Otters (Deep Water):

Deep Water Bobs, Hold Breath 15
sec, Jump Level Off

Belly & Back, Jump 3 Circles & Roll to
Back 20ft