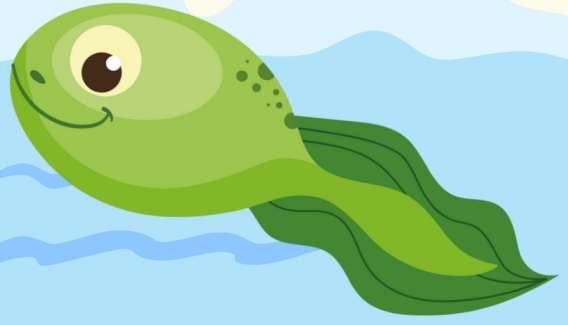


# Swim Lesson LEVELS

## TADPOLE (LEVEL ONE)

I am learning to:

- to safely enter and exit the pool
- blow bubbles and put my face in the water
- float and roll over
- explore swimming



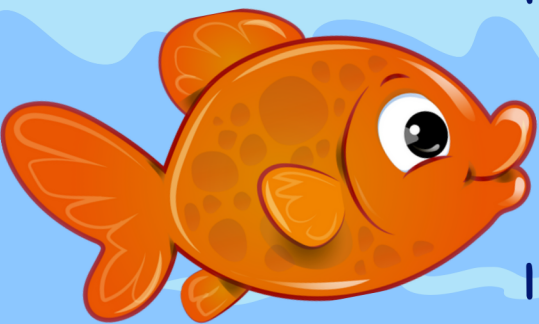
## GOLDFISH (LEVEL TWO)

I can:

- safely enter and exit the pool
- blow bubbles and put my face in the water

I am learning to:

- float and roll over on my own
- explore swimming without help
- Jump into deep water and float before returning to the wall



## SEA OTTER (LEVEL THREE)

I can:

- glide and swim on my own
- Jump into deep water and float before returning to the wall

I am learning to:

- Swim freestyle with side breathing
- kick on my back without support and swim backstroke



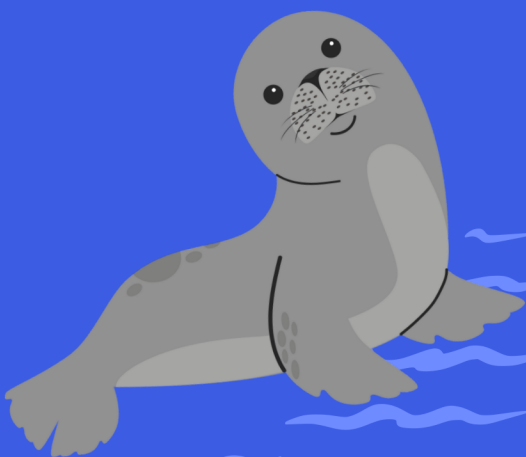
## SEA LION (LEVEL FOUR)

I can:

- Swim freestyle with side breathing
- swim backstroke
- tread water

I am learning to:

- dive in from the edge of the pool
- swim further without support
- butterfly kick



## DOLPHIN (LEVEL FIVE)

I can:

- swim freestyle and backstroke
- tread water

I am learning to:

- Swim catch-up freestyle
- swim lift and glue backstroke
- swim breaststroke and butterfly
- standing dive

