

Skills to master:

- Kicking in streamline front and back
- Treading water for 30 seconds
- Freestyle
- Able to jump into 5 foot and swim to wall unassisted
- Dolphin kick

Skills to work on:

- Front and back kick in streamline
- Straight legs and pointed toes for kick
- High elbows and arms out of water for freestyle
- Intro to backstroke
- Treading water in deep end, use of noodles to teach balance and arm motion
- Intro to diving

Games:

- Red light , green light
- Treasure hunt in deeper water
- Diving boards