



SWIMMING PASSPORT

520.638.8040
Saguaroaquatics.com

Tucson, AZ

© 2016 by Saguaro Aquatics



Water Safety Rules

1. **LEARN TO SWIM**
2. **NO RUNNING** around the pool
3. **NEVER** swim alone
4. **Wear SUNSCREEN & drink plenty of water**
5. **NEVER** swim with a **POOL COVER** on the pool
6. **NEVER** swim during a **LIGHTNING** storm
7. **Do not dive in SHALLOW** water or when you can't see the bottom
8. **Call 911 & YELL FOR HELP** in an emergency



Lesson Levels

Learn to Swim—survival school

1. **Tumbleweed**
2. **Teddy Bear Cholla**
3. **Golden Barrel**

Stroke Technique levels

4. **Prickly Pear**
5. **Blue Agave**
6. **Joshua Tree**
7. **Saguaro**



TUMBLEWEED

READ upon arrival In the TUMBLEWEED level I will learn to happily go under water to blow bubbles and I will learn to glide on my belly and float on my back with help.



SKILLS to Pass the Tumbleweed level:

- 1. Back Floats with help**
- 2. Blowing bubbles & submersions**
- 3. Monkey Walks & Climb Outs**
- 4. Glides with help**

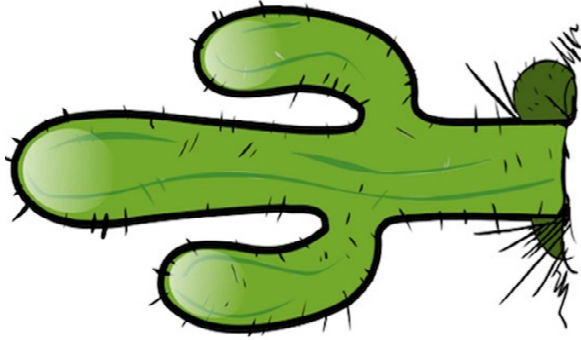
4 x 6 PHOTO

LEVEL 7

SAGUARO

READ upon arrival

In the SAGUARO level I will learn to swim Butterfly and the proper turn. I will also learn side stroke. I will condition in all other strokes.



SKILLS to Pass the Saguaro level:

1. Butterfly and the proper turn
2. Sidestroke
3. Tread water for 5 minutes



STAMP for Departure

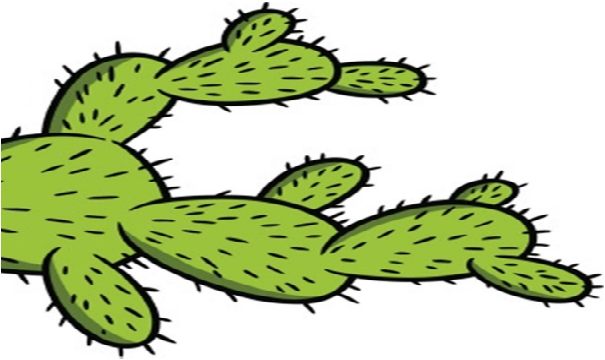
4 x 6 PHOTO

LEVEL 1

TEDDY BEAR CHOLLA

READ upon arrival

In the TEDDY BEARH COLLA level I will learn to blow bubbles and back float with confidence. I will learn to dive for rings and get my kickers VERY strong in preparation for big arms.



SKILLS to Pass the Teddy Bear Cholla level:

1. **5 assisted Popcorns**- bubbles with rhythmic bounces off bottom
2. **Jump in followed by independent back float**
3. **Independent glide and kick glide**—head down, arms up

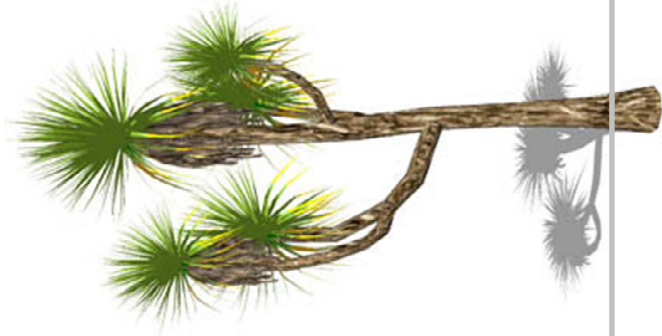
4 x 6 PHOTO

LEVEL 6

JOSHUA TREE

READ upon arrival

In the Joshua Tree level I will learn to do Breaststroke and the Breaststroke turn. I will also condition in the strokes I have already learned—Freestyle and Backstroke.



SKILLS to Pass the Joshua Tree level:

1. Breast stroke
2. Open turn or two hand touch turn for Breaststroke
3. Condition by swimming Freestyle and Backstroke
4. Tread water for 3 minutes

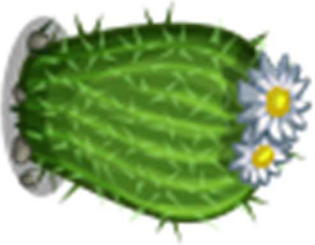
4 x 6 PHOTO

LEVEL 2

GOLDEN BARREL

READ upon arrival

In the GOLDEN BARREL level I will learn to do big arms with kickers, take my own breath and continue swimming. I will learn to fin and kick on my back



SKILLS to Pass the Golden Barrel level:

1. Independent Popcorns
2. Big Arms and kickers, taking independent breath
3. Dive to the bottom for rings with minimal assistance
4. Assisted finning and kicking

4 x 6 PHOTO

LEVEL 5

BLUE AGAVE

READ upon arrival

In the BLUE AGAVE level I will learn to do Backstroke and learn the flip turns for both back stroke and freestyle.



SKILLS to Pass the Blue Agave level:

1. Back Stroke
2. Freestyle for conditioning
3. Flip turns for Backstroke and Freestyle
4. Tread water for 2 minutes

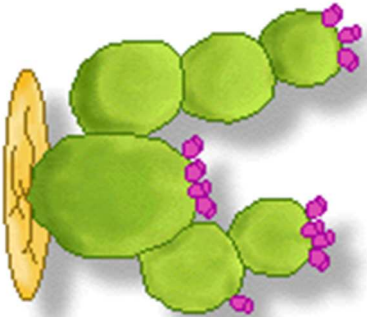
4 x 6 PHOTO

LEVEL 3

PRICKLY PEAR

READ upon arrival

In the PRICKLY PEAR level I will learn to swim with side breathing. I will also learn Elementary Backstroke.



SKILLS to Pass the Prickly Pear level:

1. Freestyle with side breathing
2. Elementary Backstroke
3. Tread water for 1 minute

4 x 6 PHOTO

LEVEL 4