



**SWIMMING
PASSPORT**



Lesson Levels

Learn to Swim Levels —Survival School

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

Stroke Technique Levels—Stroke School

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



TUMBLEWEED

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

SKILLS to Pass the Tumbleweed level:

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

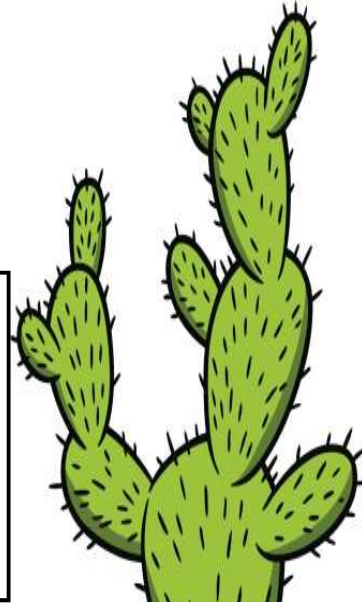


TEDDY BEAR CHOLLA

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**



GOLDEN BARREL

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



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**

PRICKLY PEAR



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

READ upon arrival

SKILLS to Pass the Prickly Pear level:

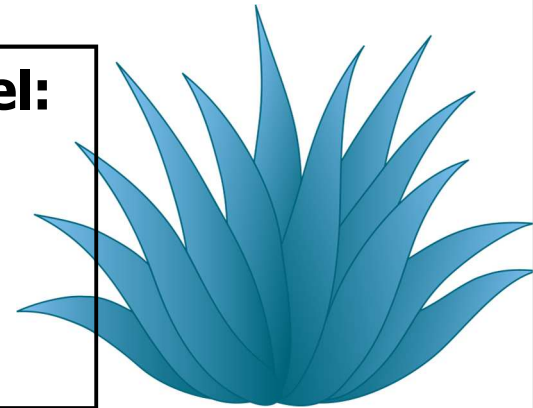
- 1. Freestyle with side breathing**
- 2. Elementary Backstroke**
- 3. Tread water for 1 minute**

BLUE AGAVE

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**

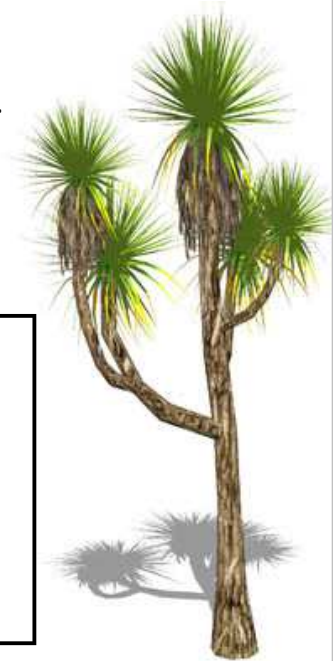


JOSHUA TREE

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

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**

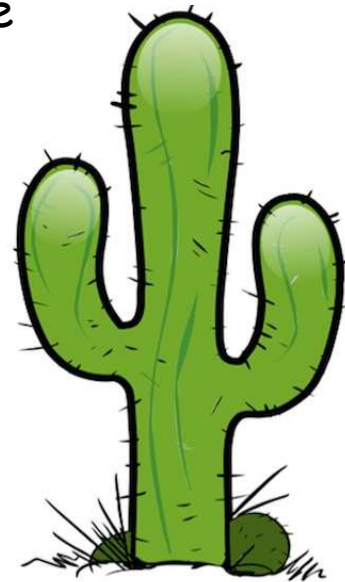


SAGUARO

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**





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

