



SWIMMING PASSPORT

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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

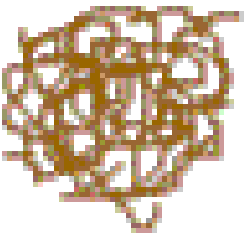
4. **Prickly Pear**
5. **Blue Agave**
6. **Joshua Tree**
7. **Saguaro**



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
5. **HAPPY SWIMMER!**

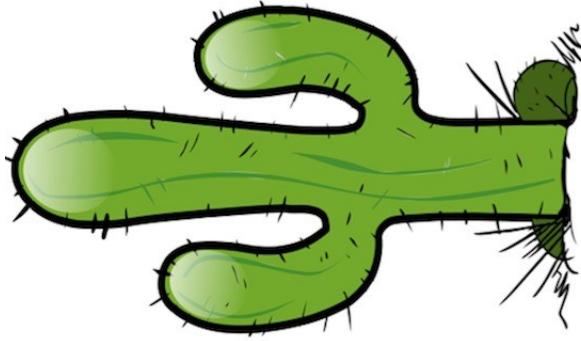
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LEVEL 7

SAGUARO

READ upon arrival

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



SKILLS to Pass the Saguaro level:

1. Butterfly in good form
2. Open turn or two hand touch turn from Breaststroke
3. Sidestroke
4. Tread water for 5 minutes

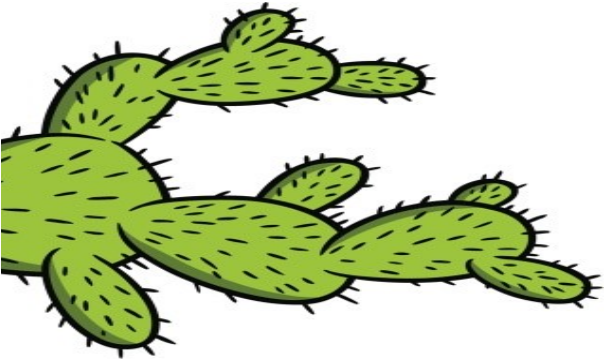
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LEVEL 1

TEDDY BEAR CHOLLA

READ upon arrival

In the TEDDY BEAR COLLA level: I will learn to blow bubbles, roll over and float on my back with confidence. I will learn to dive for rings and get my kickers VERY strong in preparation for big arms in the next level.



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
4. Kick glide with independent roll-over—head down, arms up

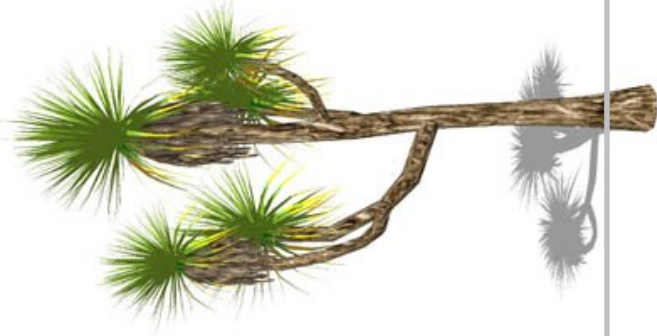
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LEVEL 6

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. Breaststroke in good form - 3 lengths
2. Open turn or two hand touch turn for Breaststroke
3. Laps in good form of Freestyle, and Backstroke
4. Tread water for 3 minutes

GOLDEN BARREL

READ upon arrival

In the GOLDEN BARREL level: I will learn to do big arms with kickers, roll over on my own to take a breath and then continue big arms. I will move beyond back floats and learn to fin and kick on my back.



SKILLS to Pass the Golden Barrel level:

1. 10 Independent Popcorns
2. Coordinated Big Arms and strong kickers, independent roll over to take a breath then resume swimming
3. Dive to the bottom for rings with minimal assistance
4. Independent finning and kicking

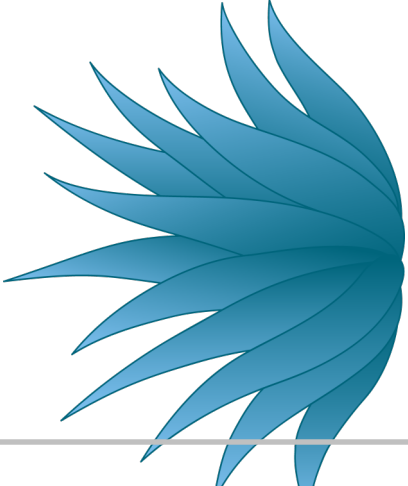
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LEVEL 5

BLUE AGAVE

READ upon arrival!

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



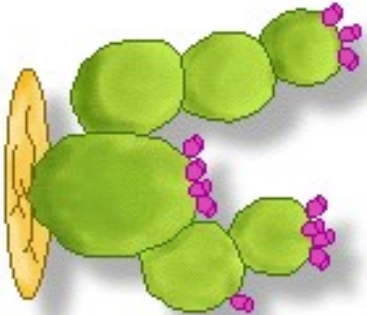
SKILLS to Pass the Blue Agave level:

1. Backstroke in good form - 3 lengths
2. Flip turns - Backstroke and Freestyle
3. Freestyle and Elementary Backstroke - prior level
4. Tread water for 2 minutes

PRICKLY PEAR

READ upon arrival

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



SKILLS to Pass the Prickly Pear level:

1. Freestyle with side breathing in good form - 2 lengths
2. Elementary Backstroke with a glide
3. Tread water for 1 minute

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LEVEL 4