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SWIMMING
PASSPORT



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 School

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



TUMBLEWEED

What I will learn:

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. Happy Swimmer!
2. Blowing bubbles and going underwater (submersions)
3. Assisted glides and back floats
4. Monkey walks along the wall and independent climb outs
5. Froggy dives

PHOTO

LEVEL 7

SAGUARO

What I will learn:

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. Continuous freestyle and backstroke with flip turns (4 laps)
2. Continuous Breaststroke with open turns/ two-hand touch
3. Butterfly with proper technique
4. Treading water independently for 5 minutes



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PHOTO

LEVEL 1

TEDDY BEAR CHOLLA

What I will learn:

In the TEDDY BEAR CHOLLA 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. Popcorns (rhythmic bounces while blowing bubbles)
2. Independent Kick glide
3. Kick glide with roll-over (belly to back and back to belly)
4. Independent back float
5. Independent climb out, jump into the pool and resurface into a back float

PHOTO

LEVEL 6

JOSHUA TREE

What I will learn:

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. Continuous freestyle and backstroke with flip turns (4 laps)
2. Breaststroke with proper technique and rhythm
3. Open turns/ two-hand touch turns
4. Treading water independently for 3 minutes
5. Standing dives (PIMA location only)



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LEVEL 2

GOLDEN BARREL

What I will learn:

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 rhythmic popcorns
2. Big arms coordinated with strong kickers
3. Swim-float-swim using big arms and rollovers
4. Finning and kicking
5. Diving to the bottom to retrieve rings/items with minimal assistance

PHOTO

LEVEL 5

 Saguaro
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BLUE AGAVE

What I will learn:

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. Independent popcorns in deep water
2. Proficient in Freestyle and Backstroke with flip turns
3. Treading water independently for 2 minutes



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LEVEL 3

PRICKLY PEAR

What I will learn:

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. Rhythmic popcorns in deep water
2. Freestyle with a smooth side breath every four strokes (2 lengths/ laps)
3. Elementary backstroke with a glide
4. Treading water independently for 1 minute
5. Kneeling dives

PHOTO

LEVEL 4