


If your child can:	Sign up for:				
 <p>Willingness to have fun and be safe in the water</p>	Water Intro <i>30 mins.</i>	Water Independence <i>30 mins.</i>	Stroke Intro <i>45 mins.</i>	Stroke Progression <i>45 mins.</i>	Advanced Stroke Development <i>45 mins.</i>
<p>Get into water with a parent or guardian</p>					
<p>Separate from parent/guardian while taking part in group activities</p>					
<p>Listen & take direction from an instructor in a group setting</p>					
<p>Jump into water from deck, completely submerge head</p>					
<p>Perform front float for 5 seconds, roll over to a back float for 5 seconds and swim back to start on front with minimal assistance</p>					
<p>Swim 10-15 yards Backstroke unassisted</p>					
<p>Swim 10-15 yards Freestyle unassisted</p>					
<p>Jump into DEEP Water, swim back to wall, exit pool using ladder or stairs unassisted</p>					
<p>Jump into water, fully submerge and swim 12 yds. freestyle with rotary breathing, turn around, swim backstroke back to the wall, exit pool using ladder or stairs unassisted</p>					
<p>Tread with head above water for 15 seconds</p>					