

## **Achievement Levels**

*Swimmers can move up to the next level when they reach these goals:*



### **Turtles**

- ~ Dog paddle for 1-2 seconds without a backpack
- ~ Demonstrate horizontal body position using a noodle
- ~ Bubbles
- ~ Backfloat without assistance
- ~ Seated jump



### **Super Fish**

- ~ Dog paddle across pool with bubbles & breathing
- ~ Bubbles with mouth & nose
- ~ Backfloat without assistance
- ~ Submerge for rings
- ~ Seated & standing jump
- ~ Deep water safe



### **Dolphin**

- ~ Basic front crawl arms, face submerged w/bubbles for 1 length of pool
- ~ Streamline position with correct flutter kick
- ~ Basic backstroke for 1 length of pool
- ~ Elementary backstroke for 1 length of pool
- ~ Standing jump into pool & swim to wall
- ~ Kneeling dive



### **Silver Squad**

- ~ Front crawl with rotary breathing for 1 length of pool
- ~ Backstroke & Elementary backstroke for 1 length of pool
- ~ Basic breast stroke ...kick must be correct...timing of pull & kick in Gold
- ~ Basic dive with streamline recovery
- ~ Dolphin kick
- ~ Tread water for 30 seconds



### **Gold Squad**

- ~ Front crawl with bilateral breathing for 2 lengths of pool
- ~ Backstroke for 2 lengths of pool
- ~ Breast stroke for 2 lengths-correct kick & timing of pull
- ~ Basic butterfly
- ~ Standing dive into streamline & front crawl