

Name:

Delta:

- ___ Swim independently w/ face in water for at least 15 feet
- ___ Swim on back w/ noodle using “flapping arms” at least 15 feet
- ___ Back float comfortably for 1 minute on noodle
- ___ Comfortably hold breath for at least 8 seconds

Delta +:

- ___ Introduction and willingness to repeatedly attempt flipping to breathe
- ___ Basic understanding and proficiency of freestyle using “Windmill Arms”
- ___ Basic proficiency of kicking w/ noodle in “Chair” position

Gamma:

- ___ Swim freestyle using “Windmill arms” for at least 50 feet (flipping onto back to breathe)
- ___ “Safety stroke” on back for at least 75 feet
- ___ Tread water for at least 1 minute
- ___ Kicking w/ noodle in “Chair” position for at least 5 minutes

Gamma+:

- ___ Introduction and basic proficiency in swimming backstroke
- ___ Basic understanding and willingness to consistently attempt sidebreathing
- ___ Kicking on back for at least 5 minutes
- ___ Tread water for at least 3 minutes

Beta:

- ___ Swim freestyle w/ basic pattern and consistent sidebreath for at least 300 feet
- ___ Swim backstroke w/ straight arms consistently for at least 150 feet
- ___ Tread water for at least 5 minutes
- ___ Swim to depth of at least 5 feet repeatedly w/out break 8 times
- ___ Basic understanding of butterfly and breaststroke kicks

Beta+:

- ___ Introduction and basic proficiency swimming breaststroke
- ___ Introduction and basic proficiency swimming freestyle w/ advanced pattern and rhythmic breathing
- ___ Dolphin kick w/ feet together and pop-up breath consistently for 75 feet
- ___ Tread water for at least 10 minutes

Alpha:

- ___ Swim freestyle w/ advanced pattern and rhythmic breathing for at least 10 minutes
- ___ Swim backstroke w/ advanced pattern for at least 300 feet
- ___ Correct form, pattern and kick for breaststroke and butterfly
- ___ Tread water for at least 15 minutes (at least 2 minutes w/out arms)
- ___ Understanding of streamline push-off, flip-turns, and circle swimming
- ___ "Survival float" for at least 10 minutes