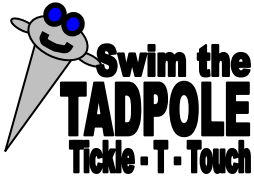




FACE-UP FIRSTS

Assisted Back Float	Assisted Back Swim	Independent Back Swim	Recover at Wall	Recover to Feet	Jump and Recover	Challenge
Five seconds of relaxed, in-line floating on back	Fifteen feet of relaxed Tadpole on back	Fifteen feet of relaxed Tadpole on back starting from a standing position	Fifteen feet relaxed Tadpole on back recovering to vertical position at wall	Fifteen feet of relaxed Tadpole on back recovering to standing position	Jump in from side. Recover to back. Swim to side. Exit pool.	WALK THE PLANK Jump in from 1m board. Recover to back. Swim to side. Exit pool.

ADVANCED SKILLS

Tadpole	Elementary Backstroke	Backstroke	Reach & Roll Crawl Stroke	Butterfly	Breaststroke	Other
<p>FULL STROKE 12 ½ yards of relaxed, in-line, full-stroke swimming</p>  <p>Swim the TADPOLE Tickle-T-Touch</p>	<p>FULL STROKE 12 ½ yards of relaxed, in-line, swimming with arms and legs coordinated</p>	<p>STAGE 1 12 ½ yards using arms only</p> <p>STAGE 2 12 ½ yards using legs only</p>	<p>STAGE 1 6 arm strokes w/no breathing & 15 feet streamline kick</p> <p>STAGE 2 4 x 4-stroke cycles with roll-to-back breathing</p>	<p>STAGE 1 6 arm strokes, face in water, arms pulling simultaneously under the water and recovering simultaneously over the water & 15 feet streamline kick; kick initiated at hips, feet together</p>	<p>STAGE 1 4 complete arm strokes & 4 kicks with legs paired, body at surface, streamline position during extension</p>	<p>BOBS 10 slow, relaxed, continuous bobs with exhalation only underwater</p> <p>TREADING WATER 1 minute, body relaxed in vertical position with head out of water</p>
<p>Mutual of Omaha B-T 500</p> <p>25 yards full-stroke Backstroke + 25 yards Stage 2 Crawl Stroke 500-yard Swim 200 Back + 200 Crawl + 100 IM Under 12 Minutes</p>	<p>Challenges</p> <p>SEVEN SEAS ENDURANCE TEST 200-yd Swim 100 Crawl + 100 Back</p> <p>CAPTAIN'S LICENSE STROKE PROFICIENCY TEST 100-yard Swim 25 Fly + 25 Back + 25 Breast + 25 Crawl</p>	<p>FULL STROKE 12 ½ yards of relaxed, in-line swimming w/head still, arm and leg action continuous with vertical arm recovery and propulsive kick with legs mostly straight and toes pointed</p>	<p>FULL STROKE 12 ½ yard with arms & legs coordinated, bilateral breathing, breathing arm extended</p>	<p>FULL STROKE 12 ½ yard with coordinated arms & legs, breathing to front</p>	<p>FULL STROKE 12 ½ yards with coordinated arms, legs, and breathing; full extension at end of each stroke</p>	<p>FRONT DIVE Front dive from side with ears in armpits follow through with streamline glide</p>

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