

PEZ

Level 1 SWIM SAFETY: Foundation Building

ages: 6-8 / 9-12

CLASS GOALS & SKILLS PRACTICED

1	FACE IN WATER FOR 5 SECONDS WITH BUBBLES <i>-holding wall, 3 times in a row, 3 second break in-between</i>
2	BACK FLOAT FOR 10 SECONDS <i>-independently, no help</i>
3	FRONT STREAMLINE FOR 5 FEET <i>-from wall, face in entire time with proper streamline form</i>
4	BACK BLAST OFF FROM WALL FOR 5 FEET <i>-proper position, independently, no kick board or barbell</i>
5	FLUTTER KICK WITH FACE IN AND BUBBLES: 10 FEET <i>-10 feet with kick board, face in 3 times for 3 seconds</i>
6	BACKSTROKE KICK <i>-10 feet, with kick board, perfect body position and kicking</i>
7	INTRODUCTION OF PROPER FREESTYLE ARMS <i>-10 arms sitting on deck, 6 arms in pool with noodle belt</i>

NOTE: GOAL 1 (face in water for 5 seconds with bubbles, repeating 3 times in a row) is the most important goal needed to be achieved in this level. Students must perform this skill perfectly in order to pass this level and move to PULPO.