

## Core Skill Achievement Stages

	White	Red	Yellow	Blue	Green
	<i>If the student...</i>	<i>If the student...</i>	<i>If the student...</i>	<i>If the student...</i>	<i>If the student...</i>
Ages 3 – 5	Is afraid of water...	Can't swim without support but loves the water...	Is not afraid...	Can swim underwater or on the surface, and can get an occasional breath...	Can tread water for at least 15 seconds...
Ages 6 – 8	Can't swim at all....	Will get face wet...	Can float on front and back...	Can jump in and return to surface...	Can swim freestyle with rotary (side) breathing...
Ages 9 – older	Will not get face wet....	Will jump in...			
	<b>SIGN UP FOR WHITE GROUP</b>	<b>SIGN UP FOR RED GROUP</b>	<b>SIGN UP FOR YELLOW GROUP</b>	<b>SIGN UP FOR BLUE GROUP</b>	<b>SIGN UP FOR GREEN GROUP</b>

## Specialty Courses

Stroke School	Swim Team
<i>If the student...</i>	<i>If the student...</i>
Has achieved a <b>GREEN</b> Swim School Award Patch...	Can swim 25 yards freestyle with side breathing and 25 yard backstroke...
<i>and</i>	Needs to build endurance...
Needs to learn or refine backstroke, butterfly, and breaststroke...	Wants to learn turns, starts, and swim team training techniques...
<b>SIGN UP FOR STROKE SCHOOL</b>	<b>SIGN UP FOR SWIM TEAM</b>