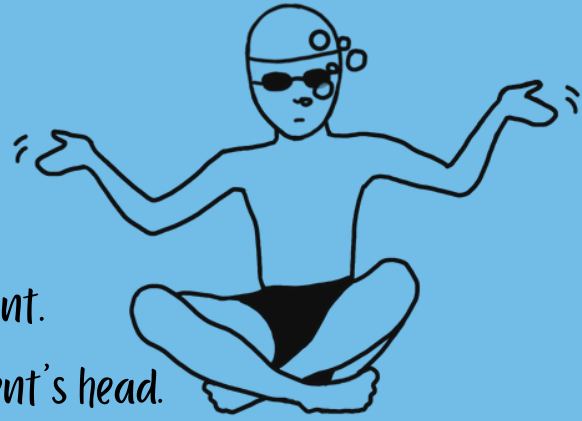


DolphinFUN's Skill Development Overview



WATER (Out of 5)

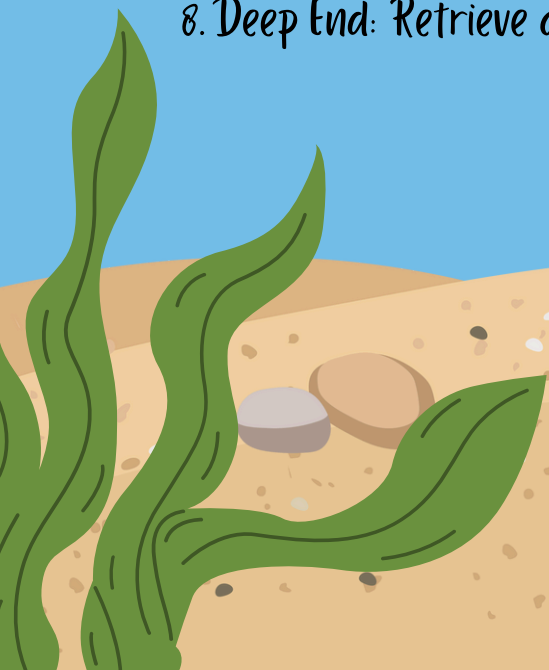
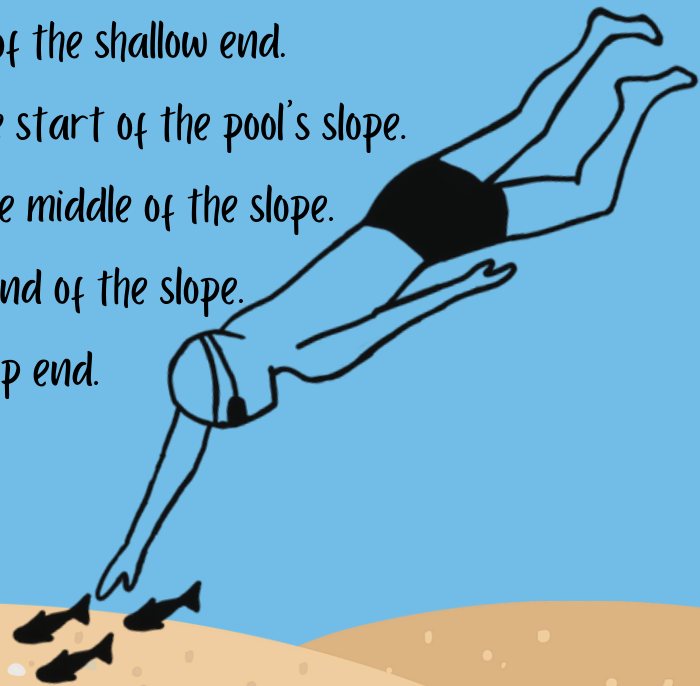
1. Flicks: Flick small drops of water onto the student.
2. Splashes: Splash small amounts of water onto the student.
3. Drizzle: Drizzle a full bucket of water onto the student's head.
4. Bubbles: Practice inhaling through the mouth and exhaling through the nose underwater.
5. Submerge: Practice fully immersing the body, including the head, in the water.



FISHIES (Out of 8)

All includes putting their face in the water and blowing bubbles out of their nose

1. Ladder: Retrieve a fishy from the ladder.
2. Knees: Retrieve a fishy from knee depth.
3. Ankles: Retrieve a fishy from ankle depth.
4. Floor: Retrieve a fishy from the bottom of the shallow end.
5. Start of Slope: Retrieve a fishy from the start of the pool's slope.
6. Middle of Slope: Retrieve a fishy from the middle of the slope.
7. End of Slope: Retrieve a fishy from the end of the slope.
8. Deep End: Retrieve a fishy from the deep end.



FREESTYLE / FRONT CRAWL (Out of 8)

1. Head Up Kicking: Practice kicking with a board while keeping the head up.
2. Head Down Kicking: Practice kicking with a board while keeping the head down.
3. Intro to Arms: Learn the freestyle arm movements at the wall with feet on the ground.
4. Freestyle Arms: Practice arm movements while kicking with a board and head up.
5. Intro to Side Breathing: Learn side breathing with proper coordination.
6. Freestyle with Board: Practice freestyle with a board, combining kicks, arms, and breathing.
7. Freestyle with Little Aid: Practice full freestyle with minimal aids (e.g., snake)
8. Final Step - Freestyle!: Perform freestyle independently without any aids.



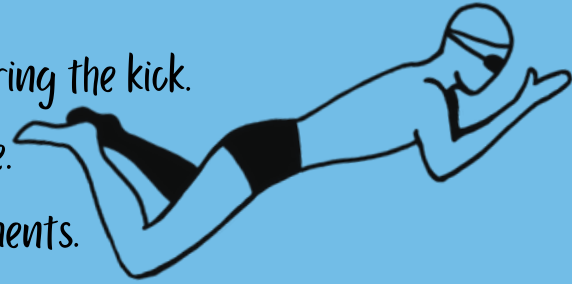
BACKSTROKE / BACKCRAWL (Out of 8)

1. Back Floats With Help: Learn how to float on the back with assistance.
2. Back Floats: Practice floating on the back independently.
3. Kicking on Back - Teddy Bear: Learn to kick on the back while hugging a board.
4. Kicking on Back - 4 Fingers Up: Practice kicking on the back with hands for balance.
5. Kicking on Back: Kick on the back without any aid, including a board, with arms still up.
6. Intro to Arms: Learning the arm movements for backstroke.
7. Backstroke with Aid: Practice backstroke with minimal assistance.
8. Final Step - Backstroke!: Perform backstroke independently without any aids.



BREASTSTROKE (Out of 8)

1. Intro to Kicks: Learn the breaststroke kick movement and pattern on the spot.
2. Practicing Kicks: Practice breaststroke kicks with a board and instructor's help.
3. Head Up Kicks: Practice kicks with a board and head up.
4. Add the Glide: Incorporate a glide into each kick.
5. Head Down Kick: Learn the timing for head movement during the kick.
6. Intro to Arms: Learn the arm movements for breaststroke.
7. Smoothen it: Combine and refine all the breaststroke movements.
8. Final Step - Breaststroke!: Perform breaststroke independently without any aids.



BUTTERFLY (Out of 8)

1. Intro to Legs: Learn the dolphin kick (butterfly leg movement).
2. Kick with Board: Practice dolphin kicks with the head up and a board.
3. Kick - Arms on Side: Practice dolphin kicks with arms at the sides and head down.
4. Kick - Arms in Front: Practice dolphin kicks with arms extended in front and head down.
5. Intro to Arms: Learn the butterfly arm movements.
6. Arms Down: Practicing adding partial arm movements to the dolphin kicks.
7. Arms Down & Over: Practice full arm movements combined with dolphin kicks.
8. Final Step - Butterfly!: Perform butterfly independently without any aids.



JUMPING PART 1 – SHALLOW END (Out of 10)

With Floaties

1. Hugging In
2. Two Hands
3. One Hand
4. Catch
5. No Catch



Without Floaties

6. Hugging In
7. Two Hands
8. One Hand
9. Catch
10. No Catch



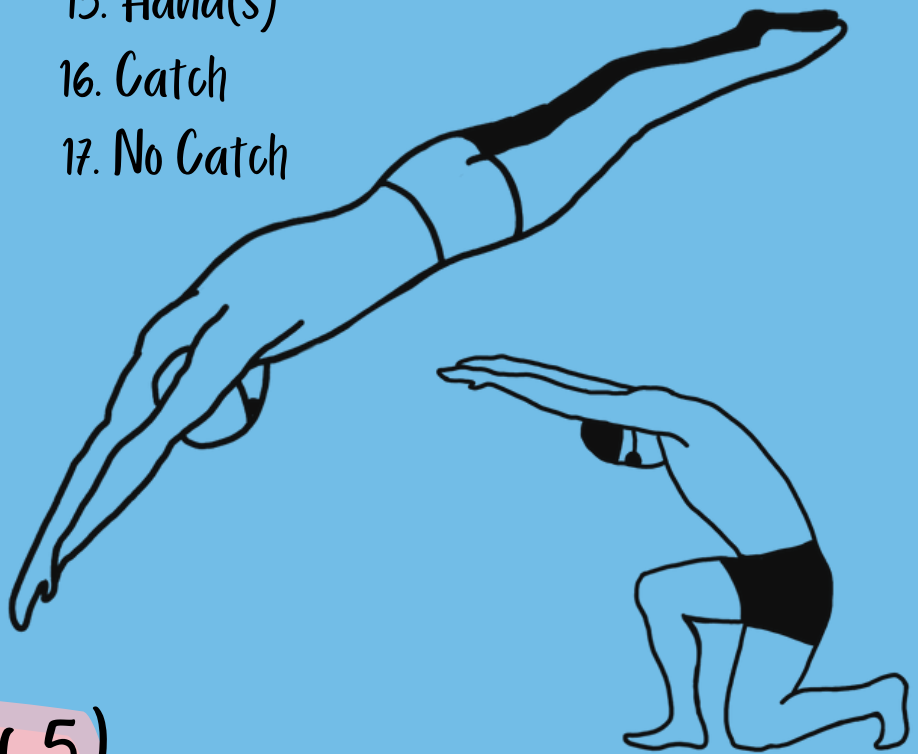
JUMPING PART 2 – DEEP END (Out of 10)

With Floaties

11. Two Hands
12. One Hand
13. Catch
14. No Catch

Without Floaties

15. Hand(s)
16. Catch
17. No Catch

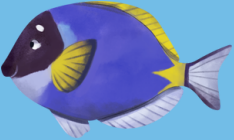






Diving

18. Dive With Help
19. Kneeling Dive
20. Standing Dive

EXTRA (Out of 5)

1. Treading: Learn to stay afloat vertically using arms and legs.
2. Streamline: Practice the streamline position for efficient wall push-offs.
3. Flip Turns (Back & Front): Learn underwater somersaults.
4. Flip Turn Swims: Practice using flip turns for faster wall transitions.
5. Underwater Swim: Swim completely submerged, including during splashes.

LEVELS		NUMBER OF SKILLS MASTERED
	SEASHELL	0 to 10
	FISH	11 to 20
	SEAHORSE	21 to 30
	STINGRAY	31 to 40
	SEA TURTLE	41 to 50
	JELLYFISH	51 to 60
	SHARK	61 to 70

