

# MINI WAHOO

# CHECK-OFF LIST

SKILLS TO GRADUATE TO THE SWIM TEAM!

1



I can **blow bubbles** comfortably in the water.



2



I can **push off** from steps and make an **arrow** with my hands and **blow bubbles** independently to the coach.



3



I can sit on the edge of the pool, put my head down and **dive** into the water.



4



I can hold a **kickboard** on my own and **kick** while blowing bubbles into the water.



5



I can comfortably move my hands in **freestyle**, bringing the arms over the head and my head moving forward.



6



I can dive in sitting on the edge of the pool and comfortably swim **freestyle** across the width of the lesson pool.



7



I can comfortably float on my back and attempt **backstroke**.



**TEAM GOAL!** Once I can swim **25 YARDS**, even if I hold onto the rope a few times, but comfortably swim independently, I can **OFFICIALLY BE ON THE TEAM!**

