

# PULPO

Level 2 SWIM SAFETY: Independence

ages: 6-8 / 9-12

## CLASS GOALS & SKILLS PRACTICED

**1 FACE IN / 5 SECONDS / FLUTTER KICKS ON WALL**  
*-holding wall, 3 consecutive times, 3 second break between*

**2 FRONT STREAMLINE WITH KICKS FOR 6 FEET**  
*-from wall, proper streamline position, face in, proper kicks*

**3 BACK BLAST OFF WITH KICKS FOR 6 FEET**  
*-no kick board or barbell, proper body position and kicks*

**4 FLUTTER KICK, FACE IN, BREATHS, FOR 15 FEET**  
*-with kick board, minimum of 3 face ins for 5 seconds each*

**5 BACKSTROKE KICK WITH KICK BOARD FOR 15 FEET**  
*-proper body position and kicks*

**6 FRONT CRAWL ARMS ON DECK / 10 ARMS**  
*-standing and seated, coordinated and rhythmically*

**7 FRONT CRAWL ARMS WITH KICKS FOR 15 FEET**  
*-coordinated, rhythmically, with kick board, face in or out*