

Oconee Flippers Progression Sheet

Adult

- Back Float- 30 seconds
- Front Float- 10 seconds
- Grabbing Rings off the Bottom-
- Comfortable Swimming in all Depths-
- Freestyle-
- Backstroke-
- Streamline Kicks-
- Butterfly Kicks-
- Butterfly Arms-
- Breaststroke Kicks-
- Breaststroke Arms-
- Dives-

