

Oconee Flippers Progression Sheet

Guppies

- Back Float- 30 seconds-
- Front Float- 10 seconds-
- Safety Roll-
- Kicks w/ barbell-
- Breath Control in Underwater Dip-
- Scoops w/ Face in-
- Swimming with Backpack-
- Monkeying around the Wall-
- Climb out “Elbow, Elbow, Knee, Knee”-
- Jump in Independently-
- Swimming to the Wall-
- Blowing Bubbles-
- Grabbing Toys off the Stairs-
- Elementary Backstroke-

