

# Oconee Flippers Progression Sheet

## Sea Horse

- Back Float- 30 seconds
- Front Float- 10 seconds
- Safety Rolls-
- Grabbing Toys off the Bottom-
- Breathing Independently (able to take 4 comfortable breaths) -
- Jumping in and Swimming to the Wall-
- Swimming to the Wall and Stairs-
- Comfortable Swimming in all Depths-
- Backstroke-
- Streamline Kicks-
- Butterfly Kicks-
- Butterfly Arms-
- Breaststroke Kicks-
- Breaststroke Arms-
- Dives-
- Flip Turns-

