



Challenges for Levels 1 - 3

1) Float Toy Sinking

Press three floating toys to the bottom with your feet. Cannot use hands. BONUS use face to sink the toy.



2) In a back float throw a ball and catch it.

Float on back with or without support from INS. Swimmer holds a soft toy; throw it up, and catch it. Do it again while INS pulls swimmer through the water.



3) Jump high enough so that your belly button gets above the water.

Start in shallow water, but above the belly. Ideally shoulder deep. Jump off the bottom and land!



4) Keep your belly button and 10 toes above water for 4 seconds.

No touching other things, people, or bottom.



5) Pick up a toy from the bottom

Get a sinking toy. BONUS: No goggles, eyes closed. BONUS 2: Have to jump up, then sink with no swimming. BONUS 3: Sit on bottom 2 secs too.



6) Sit on the bottom

Sit on the bottom with legs crossed and hands on knees. Hold for 2 seconds. BONUS: Put your nose and belly button on the bottom at the same time. Hold for 3 seconds.



7) Push off the wall with hands

In a streamline position (reverse) push off the wall with your hands to move feet first. Without kicking or breathing see who can go farthest!



8) 3x Handstand, flip, SL jump

Handstand with both legs together for 2 seconds. Front flip without touching ground. Plant feet w/ whole body 45u00b0.



9) Handstand Rewind

Push off the wall and do a handstand on the u201cTu201d mark. Pause for 2 seconds. Push off with your hands, and u201cTrewindu201d so your feet touch the wall, where you began.

