



# 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 u201crewindu201d so your feet touch the wall, where you began.

