TODDLER

**WEEK 1**

* Water Adjustment
* Water Entry, Jumping In, Assisted to Unassisted
* Front Kick with floatation support
* Bubble Blowing
* Prone Glide
* Underwater Exploration
* Arm Movement, Back Position
* Combined Skills, Back Position
* Arm Movement, Prone Position
* Combined Skills, Prone Position
* Back Float
* Back Glide

**WEEK 2**

* Water Adjustment
* Front Kick
* Rhythmic Bobbing
* Front Glide
* Underwater Exploration
* Back Glide
* Combined Skills, Back Position
* Water Entry
* Breath Control
* Rotary Breathing
* Front Float
* Back Float
* Beginner Stroke

**SAFETY SKILLS:**

* Changing Direction
* Bobbing to Safety
* Treading Water
* Personal Floatation Devices
* Combined Safety Skills
* Rescues
* Rescue Breathing