

Cubs 1

Water Skills	Development Skills	Workout Guidline
<ol style="list-style-type: none">1. Be able to push off the wall and maintain a streamline.2. Able to perform 25 yards of each kick.3. Able to perform freestyle with rhythmic breathing.4. Able to perform backstroke.5. Starts to develop breaststroke and butterfly.	<ol style="list-style-type: none">1. Know all the groups on the team.2. Know all the coaches on the team.3. Know the names of all swimmers in their group.4. Compete in one swim meet.	<ol style="list-style-type: none">1. 50 Freestyle without stopping.2. 50 backstroke without stopping.3. 8*25 kick @ 1:15 using each of the 4 kicks.