

Pro-Level School Stations and Skills

STATION 1

10 Relaxed Bobs _____
Jump or Float _____

STATION 2

Front Glide and Recover for 5
seconds _____
Back Glide and Recover for 5
seconds _____

STATION 3

Front Kick- 15 feet _____
Back Kick- 15 feet _____

STATION 4

Slide Glide- 20 feet _____
Crawl Stroke- 20 feet with no
breathing _____

STATION 5

Crawl Stroke with breathing, a
minimum of 4 breaths _____

STATION 6

Swim Freestyle- 75 feet _____
Swim Backstroke- 30 feet _____
Tread Water for 1 minute _____

STATION 7

Swim Freestyle- 50 yards _____
Swim Backstroke- 25 yards _____
Kick Breaststroke- 20 feet _____
Flip Turns _____

STATION 8

Swim Freestyle- 100 yards with
bilateral breathing _____
Swim Breaststroke- 25 yards _____
Swim Butterfly- 30 feet _____
Open Turns _____

STATION 9

Swim Freestyle- 200 yards using bi-
lateral breathing for one
continuous 50 yards _____
Swim Butterfly- 25 yards _____
Swim Breaststroke- 50 yards _____

STATION 10

Swim 300 yards Freestyle _____
Swim 100 yards Backstroke _____
Swim 100 yards Individual
Medley _____