

**CONGRATULATIONS!**  
You are in Station 1



**BLOWING BUBBLES**  
NTS STATION 1

SKILLS TO LEARN: BLOWING BUBBLES - breathe, hold under water and release slowly; WALL CRAWLING; BOBBING; KICKING ON THE WALL.

**Advancement goal:** Blow bubbles for 10 seconds while wall kicking.

**CONGRATULATIONS!**  
You are in Station 2



**FRONT FLOAT & GLIDE**  
NTS STATION 2

SKILLS TO LEARN: FRONT FLOAT while blowing bubbles; FRONT GLIDE off the wall and recover; WALL START; FRONT KICKING.

**Advancement goal:** Front glide 10 seconds from wall start w/ kick.

**CONGRATULATIONS!**  
You are in Station 3



**FRONT/BACK KICKING**  
NTS STATION 3

SKILLS TO LEARN: FORWARD KICK (flutter and dolphin); STREAMLINE - reaching arms long, wrist top thumb down and squeeze elbows to ears; SCULLING - sweeping arms in and out moving the body; BACK FLOAT; BACK KICKING (flutter kick keeping hips up).

**Advancement goal:** Front glide 10 seconds with dolphin kick.

**CONGRATULATIONS!**  
You are in Station 4




**SIDE GLIDE**  
NTS STATION 4

SKILLS TO LEARN: SIDE GLIDE - push off wall & maintain side position; SIDE KICKING - kicking on side; TREADING WATER - keeping body vertical in deeper water w/ whip kick; BACK START - both hands and feet on wall push back into streamline; BACK KICKING; KICKING FORWARD FAST; JUMPING INTO DEEPER WATER AND RECOVERING

**Advancement goal:** Side glide 20ft with flutter kick.

**CONGRATULATIONS!**  
You are in Station 5




**FREESTYLE**  
NTS STATION 5

SKILLS TO LEARN: BILATERAL BREATHING while swimming freestyle with long powerful strokes & kicking fast; TUCK SURFACE DIVE; SEATED DIVE/DIVE into deeper water to retrieve objects.

**Advancement goal:** Swim 30ft freestyle with bilateral breaths from wall start; advanced treading water.

**CONGRATULATIONS!**  
You are in Station 6




**BACKSTROKE**  
NTS STATION 6

SKILLS TO LEARN: BACK FLIP TURN & FORWARD DIVE

**Advancement goal:** Swim 30ft backstroke; tread for 3mins; swim 25yds free; pike surface dive to 8ft; swim under water 10ft with streamlined dolphin kicks; forward dive into streamline.

**REMEMBER!** When swimming backstroke, keep head still while rotating hips and shoulder.

**CONGRATULATIONS!**  
You are in Station 7



**BREASTSTROKE**  
NTS STATION 7

SKILLS TO LEARN: BREAST STROKE; FORWARD FLIP TURN; FORWARD START (off block w/ streamline)

**Advancement goal:** swim 50yds free with turns; swim 50yds backstroke; kick 100yds flutter & 50yds dolphin; kick 20ft breaststroke; kick 20ft dolphin under water in streamline

**REMEMBER!** When swimming breaststroke, squeeze elbows together IN FRONT OF your shoulders, shrug to breathe & reach out pressing down with your chest INTO A GLIDE.

**CONGRATULATIONS!**  
You are in Station 8



**BUTTERFLY**  
NTS STATION 8

SKILLS TO LEARN: BUTTERFLY; UNDULATION; ALL TURNS

**Advancement goal:** Race start INTO 100yds free with bilateral breathing & flip turns; swim 50yds back with flip turn; swim 25yds breast; swim 30ft (6 strokes) fly.

**REMEMBER!** When swimming fly as well as breast, the timing of the rhythm needs to be perfect.

**CONGRATULATIONS!**  
You are in Station 9



**SIDESTROKE**  
NTS STATION 9

SKILLS TO LEARN: SANDOR KICK; ELEMENTARY BACKSTROKE; STROKE STARTS FROM BLOCK; TRANSITIONAL TURNS FOR I.M.

**Advancement goal:** swim 200yds freestyle; swim 100yds backstroke; kick 200yds flutter & 100yds dolphin; pull 200yds free; swim 50yds breaststroke; swim 25yds butterfly, swim 50yds elementary backstroke; 25yds sidestroke; SPRINT 25yds freestyle & 25yds backstroke.

**CONGRATULATIONS!**  
You are in Station 10



**INDIVIDUAL MEDLEY**  
NTS STATION 10

Swimming all four strokes (Fly, Back, Breast, Free)

**Advancement goal:** swim 300yds freestyle; swim 200yds backstroke, swim 100yds breaststroke; 50yds fly swim 100yds IM (25yds of each stroke fly, back, breast, free).