



Goals of Each Progression Level

- 1) Be able to demonstrate the proper posture and form throughout basic movement patterns and body shapes.
- 2) Be able to demonstrate a proper hollow position.
- 3) Be able to demonstrate proper hips open position.
- 4) Be able to demonstrate basic movement literacy, balance, and coordination.
- 5) Be able to demonstrate the ability for independent movement of limbs to body.
- 6) Be able to demonstrate a proper tuck and pike position.
- 7) Be able to demonstrate a proper come out sequence in a dryland setting.
- 8) Be able to obtain the necessary strength and flexibility to demonstrate the proper body shapes.
- 9) Be able to demonstrate the above items with basic jumping and line up skills in the water.