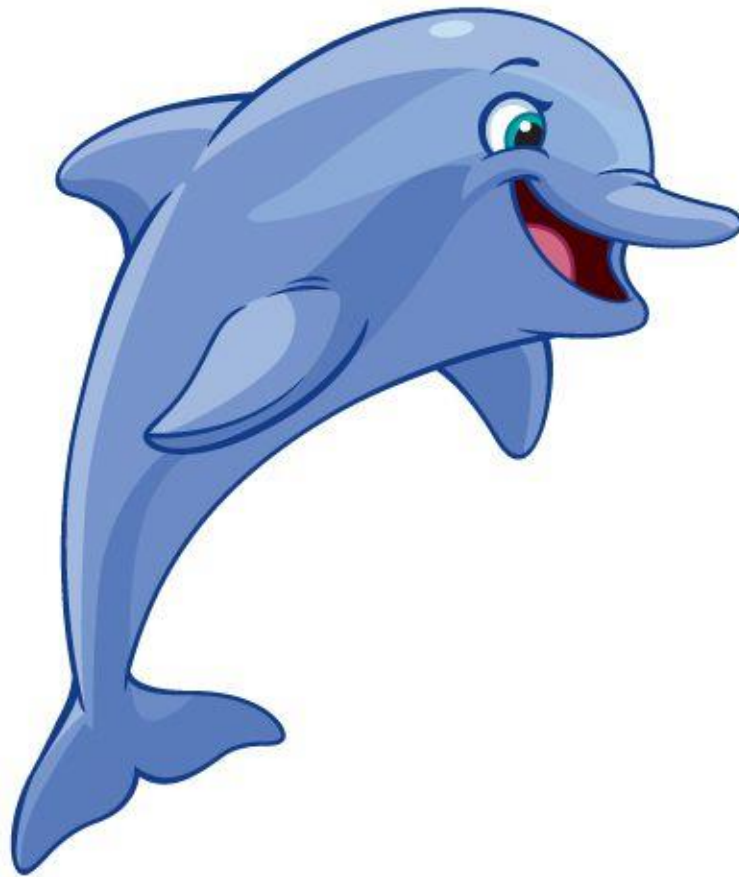


PUPS CHECKPOINTS



- 25 Freestyle kick with correct breathing
- 25 Backstroke kick with Streamline
- 25 Freestyle swim with correct breathing
- 25 Perfect backstroke
- Flip turn
- 25 Dolphin Kick
- 50 Freestyle with Flip turn
- 25 Breaststroke kick
- 25 Freestyle under 30 seconds!!!!