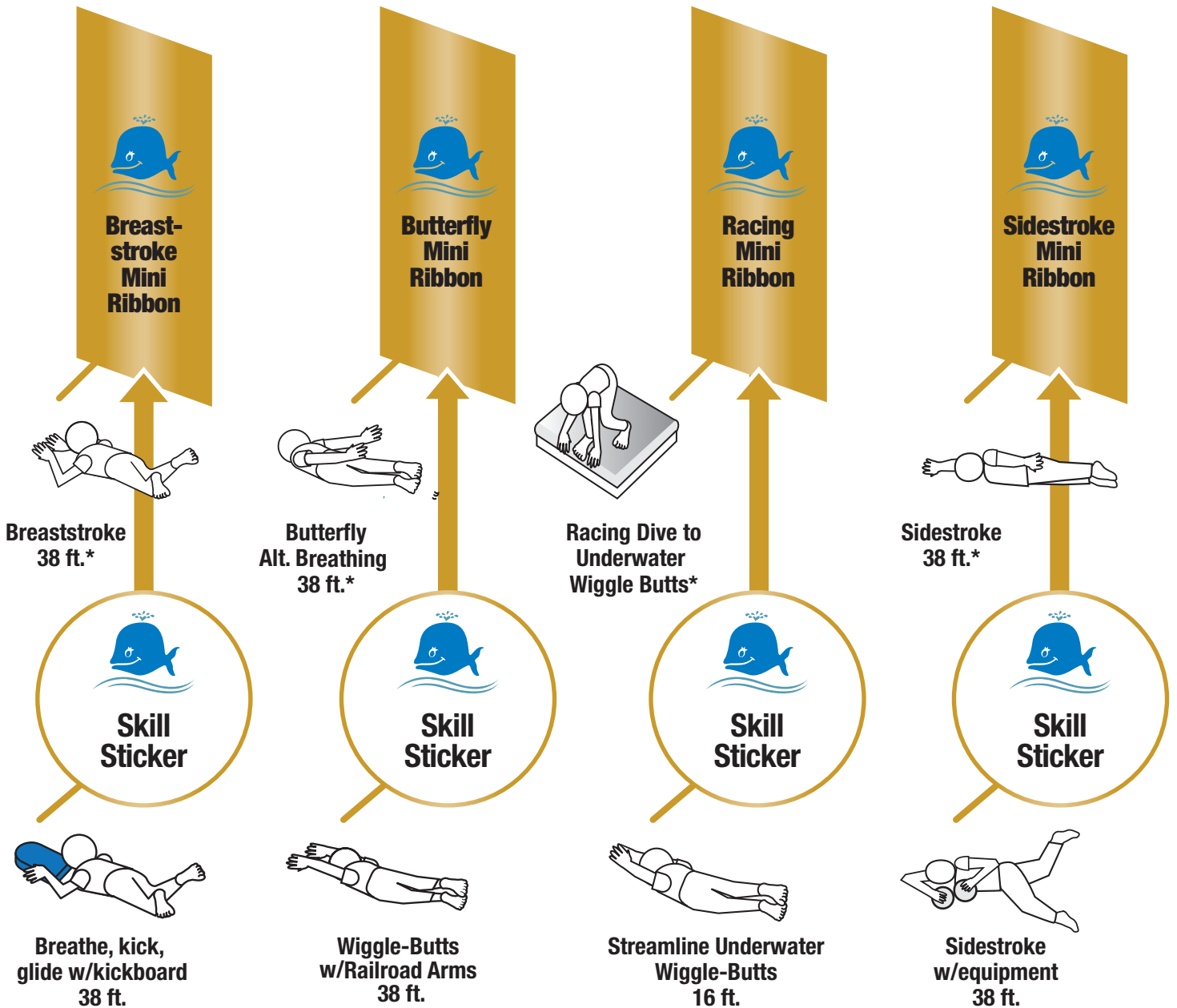


## Little Fin Progress Report: Gold Plus

**Goals:** Most students in our Gold Plus class are making a commitment to continuing their swim education, usually with the long-range goal of joining a swim team. Additionally, students will add to their safety skills by learning Sidestroke. Gold Plus swimmers can choose to earn any combination of four additional mini ribbons, but **all four are required** to earn the Gold Plus certificate, and/or enroll in LPB's Advanced Swim Program.



**What this means for parents:** *After earning all four mini-gold ribbons,* students are eligible to join our Advanced Swim Program which helps bridge the gap between swim lessons and a competitive swim team. Swimmers with all four ribbons are also ready for a variety of advanced options, including swim team, water polo and synchronized swimming. Check with your school's Swimformation desk for details about Advanced Swim or visit these sites for local swim team options: "[pacswwim.org/swim-clubs](http://pacswwim.org/swim-clubs)" and "[usaswimming.org](http://usaswimming.org)"