

LEVEL

7



STROKE

DEVELOPMENT

Code:

- * Excellent
- + Good
- Needs Work

WATER ENTRY

- ___ Approach and dive from diving board
- ___ Tuck dive
- ___ Pike dive (optional)

LOCOMOTION

- ___ Swim 500 yards continuously, combination of following strokes:
- ___ Front crawl 200 yards with flip turn
- ___ Back crawl 100 yards
- ___ Breaststroke 100 yards
- ___ Side stroke 50 yards
- ___ Butterfly 25 yards
- ___ Swim under water 25 yards

TURNS

- ___ Backstroke flip turn
- ___ Front crawl flip turn

ADDITIONAL SKILLS

- ___ Retrieve brick in 10 foot water
- ___ Tread water with 10 pound brick for 1 minute
- ___ Tread water for 5 minutes

Sign up for: _____