

LEVEL



WATER EXPLORER

Code:

- * Excellent
- + Good
- Needs Work

WATER ADJUSTMENT

- ___ Fully submerged head for 3 seconds
- ___ Games that increase relaxation and comfort in and around water

BUOYANCY AND BREATH CONTROL

- ___ Bounce 10 times in chest deep water
- ___ Front Float (4 seconds)
- ___ Back Float (4 seconds)
- ___ Blow Bubbles
- ___ Hold breath underwater for ___ seconds

LOCOMOTION SKILLS

- ___ Walks in chest deep water maintaining balance
- ___ Supported kick on front
- ___ Supported kick on back
- ___ Coordinated crawl arms while standing
- ___ Coordinated crawl arms while walking

Sign up for: _____