

LEVEL



STROKE

READINESS

Code:

- * Excellent
- + Good
- Needs Work

WATER ADJUSTMENT

- ___ Retrieve object on the bottom of pool in chest deep water

BUOYANCY AND BREATH CONTROL

- ___ 15 bobs off the wall
- ___ 15 bobs on the wall

WATER ENTRY & EXIT

- ___ Jump from side in deep water and swim to side unassisted
- ___ Kneeling dive
- ___ Standing dive

LOCOMOTION

- ___ Pencil float with push off 10 yards
- ___ Back float with push off 10 yards
- ___ Front Crawl 10 yards
- ___ Back Crawl 10 yards
- ___ Elementary backstroke 10 yards

TURNS & SURVIVAL SKILLS

- ___ Reverse directions while swimming on front
- ___ Reverse directions while swimming on back
- ___ Tread water for 30 seconds

Sign up for: _____