

LEVEL



STROKE REFINEMENT

Code:

- * Excellent
- + Good
- Needs Work

BUOYANCY AND BREATH CONTROL

___ Alternate breathing front crawl 50 yards

WATER ENTRY & EXIT

- ___ Stride jump entry
- ___ Dive from board
- ___ Long shallow dive

LOCOMOTION

- ___ Breaststroke 25 yards
- ___ Backstroke 50 yards
- ___ Sidestroke 25 yards
- ___ Elementary backstroke 10 yards
- ___ Swimming under water 3 body lengths
- ___ Butterfly kick 10 yards

TURNS & SURVIVAL SKILLS

- ___ Flip turn front crawl
- ___ Introduce flip turn on back stroke
- ___ Tread water for 2 minutes

Sign up for: _____