

LEVEL



STROKE

DEVELOPMENT

Code:

- * Excellent
- + Good
- Needs Work

BUOYANCY AND BREATH CONTROL

- ___ Deep water bobs
- ___ Floats
- ___ Rotary breathing in chest deep water

WATER ENTRY & EXIT

- ___ Stride jump
- ___ Standing dive

LOCOMOTION

- ___ Front crawl 25 yards
- ___ Back crawl 25 yards
- ___ Elementary backstroke 10 yards
- ___ Breaststroke 10 yards
- ___ Sidestroke 10 yards
- ___ Sculling on back 5 yards

TURNS & SURVIVAL SKILLS

- ___ Introduce front crawl turn
- ___ Tread water for 2 minutes

Sign up for: _____