

SKILLS CHECKLIST

Level 1 Pre-beginner- Intro to Water Skills

Instructor Name: 1. 2. Date: Skills to Be Completed:	Name of Participant	1.	2.	.9.	4.	വ	6.	7.	8.	.6	10.
Enters water independently											
Exits water independently											
Blows bubbles											
Puts face in water											
Floats on front with help											
Floats on back with help											
Uses a kickboard											
Alternating arm action Puppy paws											
Alternating leg action											
Happy and relaxed in the water											
Demonstrates appropriate social behavior											
Waters safety rules											
Recognizes the dangers of water											
Knows how to get help											
*I- Incomplete *C- Complete											



SKILLS CHECKLIST

Level 1 Beginner~ Intro to Swimming Fundamentals

Instructor Name: 1. 2. Date: Skills to Be Completed:	Name of Participant	1.	2.	3.	4.	ſĊ.	6.	7.	8	9.	10.
Jumps in water with help											
Climbs out of the pool w/help											
Puts face in water 3 seconds											
Retrieves objects under water											
Floats on front with face in water											
Floats on back with help											
Stands from a float											
Uses a kickboard with face in the water											
Alternating arm action front Arms circle around body											
Alternating leg action- legs are long, feet extended											
Finning arm action											
Water safety rules											
Demonstrates safe behavior around pool											
Recognizes a distressed swimmer											
*I- Incomplete *C- Complete											



SKILLS CHECKLIST

Level 1 Advanced Beginner- Fundamental Development

Instructor Name: 1. 2. Date: Skills to Be Completed:	Name of Participant	1.	2.	3.	4.	r.	6.	7.	89	9.	10.
Jumps in water without help											
Climbs out of the pool without help Demonstrates full breath											
control											
Floats on front with face in water											
Floats on back without help											
Front glide- streamline off the wall											
Back glide- streamline off the wall											
Front crawl stroke with face in the water											
Propulsive flutter kick											
Backstroke arm action											
Finning with flutter kick											
Demonstrates self-confidence											
Demonstrates safe behavior around pool											
Recognizes a distressed swimmer											
*I- Incomplete *C- Complete											





SKILLS CHECKLIST Level 2~ Intro to Strokes

Instructor Name:	ıt										
1.	ipaı										
2.	artic										
۷.	Name of Participant										
Date:	me (
	Nai	1.	2.	8.	4.	 	6.	7.	8.	9.	10.
Skills to Be Completed:				6,7	4,	.,		¥ -	3	O 2	
Jumps confidently into pool											
Demonstrates breath control-											
5 bobs											
Retrieves object in 3 ft.											
Front streamline float 5 sec.											
Front streamline glide 10 ft,											
Front flutter kick 15 yds											
Front crawl 15 yards w/help											
Back float 5 seconds											
Back glide 10 ft.											
Back flutter kick 15 yds											
Backstroke w/support 15 yds											
Can change direction											
Rolls front to back											
Rolls back to front											
Finning with kick 15 yds											
Sculling with kick 15 yds											
Treading chest-deep water											
*I- Incomplete											
*C- Complete											



SKILLS CHECKLIST Level 3~ Stroke Development

Instructor Name: 1. 2. Date: Skills to Be Completed:	Name of Participant	1.	2.	3.	.	Si	.9	7.	8.	9.	10.
Jumps into deep water											
10 bobs w/ good breath exchange											
Rotary breathing with board											
Front streamline glide with kick 15 yds											
Front crawl with rotary breathing 15 yds											
Can level off on front											
Back glide with kick 15 yds											
Backstroke 15 yds											
Can level off on back											
Butterfly kick 15 yds											
Breaststroke kick 15 yds											
Kneeling dive											
HELP position											
Huddle technique											
Reaching assist											
Calling for help											
*I- Incomplete *C- Complete											



SKILLS CHECKLIST Level 4A~ Advanced Strokes

Instructor Name: 1. 2. Date: Skills to Be Completed:	Name of Participant	1.	2.	3.	4,	<u>ن</u>	.9	7.	8	.6	10.
Swim under water 10 yds											
Feet first surface dive											
Survival float 1 minute											
Back float 1 minute											
Tread water 1 minute											
Front crawl stroke 25 yds											
Backstroke 25 yds											
Elementary backstroke 15 yds											
Breaststroke 15 yds											
Life jacket- jump from board											
Throwing assist											
Dive from side of the pool											
*I- Incomplete *C- Complete											



SKILLS CHECKLIST Level 4B~ Advanced Strokes

Instructor Name: 1. 2. Date: Skills to Be Completed:	Name of Participant	1.	2.	3.	4,	ن	6.	7.	8	9.	10.
Swim under water 10 yds											
Feet first surface dive											
Survival float 1 minute											
Back float 1 minute											
Tread water 1 minute											
Front crawl stroke 25 yds											
Backstroke 25 yds											
Elementary backstroke 25 yds											
Breaststroke 25 yds											
Butterfly 15 yds											
Sidestroke 15 yds											
Open turn- front											
Open turn- back											
Life jacket- jump from board											
Throwing assist											
Choking victim- discussion											
*I- Incomplete *C- Complete											



SKILLS CHECKLIST Level 5~ Stroke Refinement

Instructor Name: 1.	pant										
2.	Name of Participant										
	of Pa										
Date:	Name).
Skills to Be Completed:	I	1.	2.	3.	4.	S.	.9	7.	8.	9.	10.
Tuck surface dive											
Pike surface dive											
Survival float 2 min											
Back float 2 min											
Tread water 2 min											
Front crawl 50 yds											
Backstroke 50 yds											
Breaststroke 25 yds											
Butterfly 25 yds											
Elementary backstroke 25 yds											
Sidestroke 25 yds											
Front flip turn											
Back flip turn											
Shallow dive											
Rescue breathing- discussion											
*I- Incomplete											
*C- Complete											



SKILLS CHECKLIST Level 6~ Stroke Endurance

Instructor Name:	4										
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	f Parti										
Date:	Name of Participant										
Skills to Be Completed:	Z	ij	2.	8.	4.	rc.	6.	7.	∞.	.6	10.
Front crawl 100 yds											
Backstroke 100 yds											
Breaststroke 50 yds											
Butterfly 50 yds											
Elementary backstroke 50 yds											
Sidestroke 50 yds											
Individual Medley 100 yds											
*All the skills above must be											
with proper turns											
Racing dive from side of pool											
Survival float 5 min											
Tread water 5 min											
Kick only 2 min											
Swim 10 minutes											
*I- Incomplete											
*C- Complete											



SKILLS CHECKLIST Level 7~ Fitness Swimming

Instructor Name:	oant										
	Name of Participant										
Date:	Name	1.				 21	6.	7.		.6	10.
Skills to Be Completed:		1	2.	.8.	4	IC)	9	2	8.	6	1
Freestyle 200 yds											
Backstroke 200 yds											
Breaststroke 100 yds											
Butterfly 50 yds											
Elementary backstroke 100 yds											
Sidestroke 100 yds											
IM 100 yds											
*All the skills above must be with proper turns											
Lap swimming etiquette											
Using a pace clock											
Using paddles											
Using a pull buoy											
Principles of swimming (length, balance, streamline)											
Various training techniques											
Calculate target heart rate											
Create a workout with a wu, workout sets, cool down											
*I- Incomplete *C- Complete											





SKILLS CHECKLIST Lifeguard Readiness Training

Instructor Name: Date:	Name of Participant	1.	2.	3.	4.	Ğ.	6.	7.	8	.6	10.
Skills to Be Completed:				67	4			•		0,	
Swim 500 yds											
Feet first surface dive											
Pike surface dive											
Tuck surface dive											
Tread water 5 min											
Tread kick only 2 min											
Crawl stroke with tube											
Breaststroke with tube											
Compact jump with tube											
Surface dive with tube and retrieve object in deep water											
Reaching assist											
Throwing assist											
Wading assist with tube											
Walking assist											
Hip and shoulder support											
Head splint support											
*I- Incomplete *C- Complete											