

Instructor:	_Date:
CONGRATULATIONS	<u> </u>
You have successfully completed the following skills in the Lander	
Swim Club Learn-toSwim Program:	

LEVEL ONE

- Gets face wet, comfortable in baby pool
- Rhythmic bobbing, holding onto the side of the pool
- ♦ Holds breath underwater for 2-3 sec
- ♦ Floats on back, supported
- Floats on front, supported
- ♦ Front glide with kick; flotation device
- Back glide with kick, supported
- Backstroke, alternating arms, assisted
- ♦ Front crawl, alternating arms, assisted
- Breathing to the side, assisted

LEVEL TWO

- ♦ Fully submerges head
- Can bob without holding on to wall, blows
- Holds breath underwater (5 sec)
- ♦ Jumps into deep water
- ♦ Swims underwater
- ♦ Front float, unsupported
- ♦ Back float, unsupported
- Front and back glides with kick, unsupported
- ♦ Backstroke, alternating arms, unassisted
- Front crawl, alternating arms, unassisted

LANE ONE (BOLD—needed to move up to LANES)

- Bobs with head fully submerged exhales underwater
- ♦ Front crawl, unassisted 15 yards
- ♦ Back crawl, unassisted 15 yards
- Comfortable swimming in diving well (13 feet end)
- Head first entry from the side in a sitting or kneeling position
- Submerges and retrieves an object (3 feet deep)
- Rotary breathing with body in horizontal position
- Front glide with two different kicks
- Back glide with two different kicks
- ♦ Back float X, Y, I positions
- Change from vertical to horizontal positions FRONT
- ♦ Change from vertical to horizontal positions BACK
- ♦ Tread water (20 sec)
- ♦ Dolphin kick and undulation demo 15 feet

COMMENTS:
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