Instructor:_____ Date:_____

CONGRATULATIONS_____!

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: