



# TIGER SHARKS

## Lander Swim Club

### Congratulations \_\_\_\_\_!

You have successfully completed the following skills in the Lander Swim Club Learn-to Swim Program:

#### Level 1:

- \_\_\_ Gets face wet, comfortable playing in the shallow pool
- \_\_\_ Rhythmic bobbing, holding onto the side of the pool
- \_\_\_ Holds breathe underwater for 2-3 seconds
- \_\_\_ Floats on front, supported
- \_\_\_ Floats on back, supported
- \_\_\_ Front glide with K, kickboard
- \_\_\_ Back glide with K, supported
- \_\_\_ Backstroke, alternating arms, assisted
- \_\_\_ Front crawl, alternating arms, assisted
- \_\_\_ Breathing to the side, assisted

#### Level 2:

- \_\_\_ Fully submerges head
- \_\_\_ Can bob without holding on to wall, blows bubbles
- \_\_\_ Holds breathe underwater for 5 seconds
- \_\_\_ Jumps into deep water
- \_\_\_ Swims underwater
- \_\_\_ Survival float (dead mans float) 20 seconds
- \_\_\_ Front float unsupported
- \_\_\_ Back float unsupported
- \_\_\_ Front and back glides and kicking, unsupported
- \_\_\_ Backstroke alternating arms, unassisted
- \_\_\_ Front crawl alternating arms, unassisted

#### Level 3:

- \_\_\_ Full bobs, completely exhaling and inhaling, 10-20 times
- \_\_\_ Holds breathe underwater for 10 seconds
- \_\_\_ Diving progression: sitting dive
- \_\_\_ Retrieves object from underwater
- \_\_\_ Survival float for 1 minute
- \_\_\_ Glides on front and back, pushing off from the wall
- \_\_\_ Backstroke with alternating arms, 25 meters
- \_\_\_ Front crawl with alternating arms, head in, breathing to the side, 25 meters
- \_\_\_ Flutter kicks with a kick board, 25 meters

**YOU ARE READY TO SWIM IN LANE ONE!!!**

**Keep up the good work and keep swimming!!!**

Instructor \_\_\_\_\_ Date \_\_\_\_\_