

Little Swimmer Skills Record

1. Walk in enter/exit from deck
2. Submerge face – 5 sec
3. Water Angels in zero end
4. Alligator Crawl
5. Retrieve Object x2
6. Bounce 5 times chest deep/Bobs
7. Blowing bubbles mouth & nose – 3 sec
8. Move 5 yds. Chest deep
9. Float on front w/ support – 5 sec
10. Kick on front w/ support
11. Intro to back float and kick – 3 sec
12. Arm action w/ supported float
13. Float in PFD face out

Level 3 Skills Record

1. Kneeling, sitting dive from side
2. Rotary breathing, 10 times
3. Float & kick on back, 15 yds./30 sec
4. Step into deep, swim 10 yds. & exit
5. Front crawl w/ breathing – 15 yds.
6. Back Crawl – 15 yds.
7. Elem. Backstroke – 15 yds.
8. Breaststroke kick – 15 yds.
9. Scissor Kick – introduction, 10 yds.
10. Dolphin Kick – introduction, 10 yds.
11. Tread water – 30 sec
12. Help, Huddle & survival float
13. Video: Check, call, care

Level 1 Skills Record

1. Enter and exit from deck
2. Submerge face – 5 sec
3. Retrieve object, eyes open
4. Bounce x10 chest deep/Bob x3 shoulder deep
5. Blowing bubbles under water – 3 sec
6. Move 5 yds. Chest deep
7. Float on front, face in – 5 sec & recover
8. Glide on front 5 yards & recover
9. Kick on front w/ breath – 5 yds
10. Float on back & recover
11. Kick on Back & Front – Simult./Alter
12. Arm Action on Back & Front Simult./Alter.
13. Reaching assist from deck
14. Float in PFD face out
15. Treading motions, paddle forward/back

Level 4 Skills Record

1. Swim under water – 15 yds.
2. Compact, Stride & Standing dive
3. Feet first surface dive
4. Front crawl w/ breathing – 25 yds.
5. Elem. Backstroke – 25 yds.
6. Back crawl – 25 yds.
7. Breaststroke – 15 yds.
8. Sidestroke – 15 yds.
9. Butterfly – 5 yds.
10. Reaching or throwing assist
11. Open turn at wall, back & front
12. Tread water, 2 kicks – 2 minutes
13. Video: Care for Conscious Choking
14. Streamlines
15. Survival Swimming

Level 2 Skills Record

1. Submerge & hold breath 5 sec
2. Rhythmic breathing x10
(Blow out in water, breath above)
3. Retrieve object chest deep, eyes open
4. Step into deep, recover & exit
5. Front & back glide & recover – 5 yd.
6. Float and kick w/ breathe, front – 10 yds.
7. Float and kick on back – 10 yds.
8. Jump in, push off, go to side or float
9. Finning & sculling on back
10. Float and turn front, back, & side
11. Combined stroke front / back 5 yds.
12. Tread motions – 15 sec
13. Reaching extension from deck

Level 5-6 Skills Record

1. Stride jump entry and approach
2. Pike, tuck, & feet first surface dive
3. Diving board: tuck and pike dives
4. Front Crawl w/ breathing – 100 yds.
5. Back crawl – 100 yds.
6. Elementary backstroke – 50 yds.
7. Breaststroke – 50 yds.
8. Sidestroke – 50 yds.
9. Butterfly – 25 yds.
10. Tread – 5 min. (2 min. kick only)
11. Reaching & throwing rescue
12. Retrieve diving brick in deep end
13. In-water rescue using equipment
14. Spinal injury rescue & techniques