DOLPHIN

Name: _____

Instructor Name: _____ ***Date:*** _____

Submersion	
Swim underwater 1.5m blowing bubbles during swim	
Kicking and Gliding	
Back glide kicking: arms at sides, 10m	
Side glide kicking: face in, 2m	
Side glide kicking: face out, 5m	
Front glide to side glide roll with kick, 5m	
Building Stroke Skills	
Back glide with kick: one arm up, 10m	
Side glide with kick: face in, 3m	
Side glide with kick: face out, 10m	
Front kicking roll to side kicking with arm recovery: repeat 3 times, total 12m	
Back kicking roll to side kicking with arm recovery: repeat 3 times for 18m	

Deep Water Skills	
Intro to foot first surface dive: swim 1m touch bottom with feet, 1.5m deep, surface and swim to start	
Deep sater bobs: 5 times, then swim 1m to wall	
Vertical position: face out, 30 seconds, may use arms/legs	
Water Safety Knowledge and Water Skills	
Kneeling dive	
Put PFD on in deep water	
Recover an object in water 1.5m deep	
Water safety appropriate to community and season	

Comments:

Next Level: _____