SWIMMER

Name: _____

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

Submersion	
Swim underwater for 2.5m exhale through swim	
Do a black glide underwater for 2m	
Deep water bobs: 4 times in water at least 1.5m rhythmically breathing	
Strokes	
Front crawl: initial standard, attempt to swim15m	
Back crawl: initial standard, attempt to swim15m	
Stroke Development	
Back glide with kick: one arm up, 25m	
Side glide with kick: face up, 25m	
Front glide to side glide roll: kicking, arm recovery, 25m	
Deep Water Skills	
Jump in, tread water 40 secs, swim back to wall	
Foot first surface dive 1.5m: recover object	

Water Safety Knowledge and Water Skills	
Pendulum Dive	
Swim 15m wearing shirt and pants	
Climb head-first down pole: 2m, climb/swim back up	
Vertical float in deep water	
Water safety appropriate to community and season	

Comments:

Next Level: _____