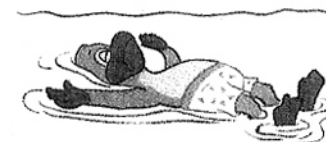




- Enter water by stepping or jumping from the side
- Exit water safely using ladder or side



- Submerge entire head, 5 seconds
- Bob, 5 times
- Open eyes underwater, pick up a submerged object, 3 times in shallow water



- Front float, 5 seconds
- Recover from a front float to a standing position
- Front glide, 2 body lengths
- Jellyfish float, 5 seconds
- Back float, 5 seconds
- Recover from a back float to a standing position
- Back glide, 2 body lengths



- Change direction of travel paddling on front or back
- Roll over from front to back
- Roll over from back to front
- Tread water, using arm and leg motions



- Combined arm and leg actions on front, 15 feet
- Finning arm action on back, 10 feet
- Sculling arm action on back, 10 feet



- Water safety rules
- How to recognize a swimmer in distress
- How to get help

My Name: _____

My Instructor: _____

Date: _____

Location: _____



- Combined arm and leg actions on back, 15 feet
- Swim on side, alternating leg action, 5 feet (with support)
- Swim on side, simultaneous leg action, 5 feet (with support)

Exit Skills Assessment

- 1. Step from side into chest-deep water, move into a front float for 5 seconds, roll over to a back float, return to standing position, then move back to a back float for 5 seconds and return to a standing position.
- 2. Push off and swim using a combination of arm and leg actions for 15 feet on the front; push off and swim using a combination of arm and leg actions for 15 feet on the back.