

# SHAWANO COMMUNITY HIGH SCHOOL POOL

## LEARN-TO-SWIM PROGRAM

Dear Parents: The pool staff would like to thank you for enrolling your child in the Swim Program.

### Level 1 Introduction to Water Skills

**WATER SKILLS**

Child's Name: \_\_\_\_\_

All skills must be completed <u>with support</u> unless otherwise noted:	COMPLETE	INCOMPLETE
Enter and exit water safely and independently		
Submerge mouth, nose, and eyes		
Exhale (blow bubbles) through mouth and nose		
Open eyes underwater, pick up a submerged object held at arms length away		
Show comfort maintaining a front float position; face may be in or out of the water		
Recover from a front float to a standing position		
Show comfort maintaining a back float position		
Recover from a back float to a standing position		
Change direction of travel while walking or paddling		
Roll over from front to back		
Roll over from back to front		
Treading Water: Explore arm and hand movements		
Alternating arm action on front		
Simultaneous arm action on front		
Alternating leg action on front		
Simultaneous leg action on front		
Combined stroke on front, using any type of arm and leg action		
Alternating arm action on back		
Simultaneous arm action on back		
Alternating leg action on back		
Simultaneous leg action on back		
Combined Stroke on back, using any type of arm and leg action		
Comments :          		
Thank You Please Register for Level: _____ Instructor's Signature: _____		