

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 2 Fundamental Aquatic Skills

WATER SKILLS

Child's Name

All skills must be completed <u>independently</u> unless otherwise noted:	COMPLETE	INCOMPLETE
Enter water by stepping or jumping from the side		
Exit water safely using ladder or side		
Submerge entire head		
Blow bubbles, submerging head in a rhythmic pattern (bobs)		
Open eyes underwater, pick up a submerged object		
Show comfort maintaining a front float position with face in water		
Recover from a front float to a standing position		
Front glide		
Show comfort maintaining a back float position		
Recover from a back float to a standing position		
Back glide		
Change direction of travel paddling on front or back		
Roll over from front to back		
Roll over from back to front		
Treading Water: using arm and leg motions		
Combined arm and leg action on front, using any combination of alternating and simultaneous arm and leg actions <i>15 feet</i>		
Finning arm action <i>10 feet</i>		
Sculling arm action <i>10 feet</i>		
Combined arm and leg action on back, using any combination of alternating and simultaneous arm and leg actions <i>15 feet</i>		
Alternating leg action on side <i>5 feet</i> with support		
Simultaneous leg action on side <i>5 feet</i> with support		
Safety Rules Discussed:	<i>Follow the Rules</i> <i>Always Swim with a buddy in supervised area</i> <i>Look before you leap</i> <i>How to use a life jacket</i> <i>Move in the water while wearing a life jacket</i> <i>How to help a swimmer in distress</i> <i>How to get help</i>	
Comments :		
Thank You		
Please Register for Level:	Instructor's Signature:	