

# 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 3 Stroke Development

#### WATER SKILLS

Child's Name

All skills must be completed <u>independently</u> unless otherwise noted:	COMPLETE	INCOMPLETE
Jump into deep water from the side		
Head-first entry from the side in a sitting position		
Submerge and retrieve an object		
Bobs with the head fully submerged		
Rotary breathing with the body in a horizontal position		
Front glide using two different kicks		
Survival float		
Back glide using two different kicks		
Back float		
Butterfly stroke <i>15 yards</i>		
Breast stroke <i>15 yards</i>		
Change from vertical to horizontal position on front		
Change from vertical to horizontal position on back		
Tread water in deep water <i>30 seconds</i>		
Front crawl <i>15 yards</i> with rotary breathing		
Butterfly-kick and body motion <i>15 feet</i>		
Back crawl <i>15 yards</i>		
Comments :	Safety rules discussed: "Reach or throw, don't go" Obey all diving rules Never dive into shallow water or above ground pools HELP position wearing a life jacket Huddle Position wearing a life jacket Reaching assist Check-Call-Care	
Thank You		
Please Register for Level:	Instructor's Signature:	