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 4 Stroke Improvement

WATER SKILLS Child's Name

All skills must be completed **independently** unless otherwise noted:	COMPLETE	INCOMPLETE
Swim under water (no hyperventilation)		
Survival float		
Back float		
Open turn using any stroke on front and push off in streamlined position		
Open turn using any stroke on back and push off in a streamlined position		
Treading water using modified scissors, breaststroke, or rotary kick and sculling arm motions		
Front Crawl *25 yards*		
Breaststroke *15 yards*		
Butterfly *15 yards*		
Back Crawl *25 yards*		
Elementary Backstroke *15 yards*		
Swim on side with scissors kick *15 yards*		

Comments :

Thank You

Please Register for Level: Instructor's Signature: