

# 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 5 Stroke Refinement

#### WATER SKILLS

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

All skills must be completed <b><u>independently</u></b> unless otherwise noted:	COMPLETE	INCOMPLETE
Swim under water (No hyperventilation)		
Survival float		
Back Float		
Flip turn while swimming on front		
Flip turn while swimming on back		
Tread water using two different kicks (scissors, breaststroke or rotary)		
Front crawl <i>50 Yards</i>		
Butterfly <i>25 yards</i>		
Breaststroke <i>25 yards</i>		
Back crawl <i>50 yards</i>		
Elementary backstroke <i>50 yards</i>		
Survival swimming <i>2 Minutes</i>		
<b>Safety Rules Discussed</b>		
Rescue breathing		

Comments :

  
  
  
  
  
  
  
  
  
  
  

Thank You

Please Register for Level: \_\_\_\_\_ Instructor's Signature: \_\_\_\_\_