

# 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 6 Fitness Swimmer

#### WATER SKILLS

Child's Name

All skills must be completed <u>independently</u> unless otherwise noted:	COMPLETE	INCOMPLETE
Front Crawl <i>100 yards</i>		
Back Crawl <i>100 yards</i>		
Breastroke <i>100 yards</i>		
Elementary Backstroke <i>100 yards</i>		
Sidestroke <i>50 yards</i>		
Butterfly <i>50 yards</i>		
500 yard swim		
Front crawl open turn		
Sidestroke open turn		
Backstroke open turn		
Front flip turn		
Breastroke open turn		
Butterfly turn		
Backstroke flip turn		
Use a pull buoy while swimming		
Use paddles while swimming		
Describe the principles of setting up a fitness program		
Demonstrate various training techniques		
Apply principles of water exercise		
Comments :		
Thank You		
Please Register for Level:		Instructor's Signature: