

### Level 3: Stroke Development

- \_\_\_\_\_ Front Float (30 Seconds)
- \_\_\_\_\_ Back Float (30 Seconds)
- \_\_\_\_\_ Bob to safety "Doggie Paddle"
- \_\_\_\_\_ Front Crawl w/ Rotary Breathing (15yds)
- \_\_\_\_\_ Back Crawl (15yds)
- \_\_\_\_\_ Tread Water (30 Seconds)
- \_\_\_\_\_ Kneeling or Sitting Dive
- \_\_\_\_\_ Jump into water from side
- \_\_\_\_\_ Butterfly Kick (15 yds)
- \_\_\_\_\_ Elementary Back Stroke (15 yds)

### Level 5: Stroke Refinement

- \_\_\_\_\_ Front Crawl (50 yds)
- \_\_\_\_\_ Back Crawl (25 yds)
- \_\_\_\_\_ Breaststroke (25 yds)
- \_\_\_\_\_ Elementary Backstroke (25 yds)
- \_\_\_\_\_ Side Stroke (25 yds)
- \_\_\_\_\_ Butterfly (25 yds)
- \_\_\_\_\_ Tread Water (5 mins)
- \_\_\_\_\_ Front Float AND Back Float (2 mins)
- \_\_\_\_\_ Shallow Dive with Glide
- \_\_\_\_\_ Pike and Tuck Surface Dive

### Level 4: Stroke Improvement

- \_\_\_\_\_ Front Crawl (25yds)
- \_\_\_\_\_ Back Crawl (15 yds)
- \_\_\_\_\_ Breaststroke (15 yds)
- \_\_\_\_\_ Elementary Backstroke (25 yds)
- \_\_\_\_\_ Side Stroke (15 yds)
- \_\_\_\_\_ Butterfly (15 yds)
- \_\_\_\_\_ Swim underwater (3 body lengths)
- \_\_\_\_\_ Front Float AND Back Float (1 min)
- \_\_\_\_\_ Tread Water (1 min)
- \_\_\_\_\_ Surface Dive

### Level 6: Stroke Proficiency

- \_\_\_\_\_ Front Crawl (100 yds)
- \_\_\_\_\_ Back Crawl (50 yds)
- \_\_\_\_\_ Breaststroke (50 yds)
- \_\_\_\_\_ Elementary Backstroke (50 yds)
- \_\_\_\_\_ Side Stroke (50 yds)
- \_\_\_\_\_ Butterfly (50 yds)
- \_\_\_\_\_ Tread Water (5 mins)
- \_\_\_\_\_ Front Float AND Back Float (5 mins)

Participant Name:

Session:

I certify that the above participant has completed the indicated skills to safely fulfill the requirements for level(s) \_\_\_\_\_.

Instructor Signature/Date: