

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: