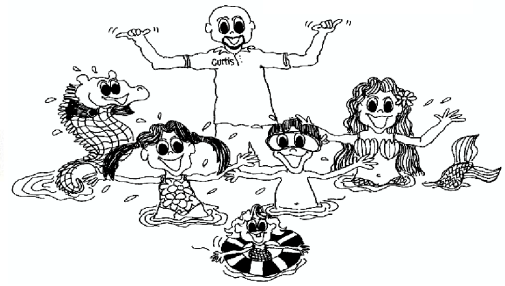
SKILLS CHECKLIST

Learn-to-Swim Level 1



Instructor Name: **Date:**	**Participants' Names**	**1.**	**2.**	**3.**	**4.**	**5.**	**6.**	**7.**	**8.**	**9.**	**10.**
Enter water using ladder, steps or side											
Exit water using ladder, steps or side											
Blowing bubbles through mouth and nose, 3 seconds											
Bobbing, 3 times											
Opening eyes under water and retrieving submerged objects, 2 times (in shallow water)											
Front glide, 2 body lengths											
Recover from a front glide to a vertical position											
Back glide, 2 body lengths											
Back float, 3 seconds											
Recover from a back float or glide to a vertical position											
Roll from front to back											
Roll from back to front											
Treading using arm and hand actions (in chest-deep water)											
Alternating leg action on front, 2 body lengths											
Simultaneous leg action on front, 2 body lengths											
Alternating arm action on front, 2 body lengths											

Instructor Name: **Date:**	**Participants' Names**	**1.**	**2.**	**3.**	**4.**	**5.**	**6.**	**7.**	**8.**	**9.**	**10.**
Simultaneous arm action on front, 2 body lengths											
Combined arm and leg actions on front, 2 body lengths											
Alternating leg action on back, 2 body lengths											
Simultaneous leg action on back, 2 body lengths											
Alternating arm action on back, 2 body lengths											
Simultaneous arm action on back, 2 body lengths											
Combined arm and leg actions on back, 2 body lengths											
Safety Topics											
Staying safe around aquatic environments											
Recognizing the lifeguards											
Don't Just Pack It, Wear Your Jacket											
Recognizing an emergency											
How to call for help											
Too Much Sun Is No Fun											
Exit Skills Assessment											
1. Enter independently, using either the ladder, steps or side, travel at least 5 yards, bob 3 times then safely exit the water. (Participants can walk, move along the gutter or "swim.")											
2. Glide on front at least 2 body lengths, roll to a back float for 3 seconds and recover to a vertical position. (This part of the assessment can be performed with support.)											