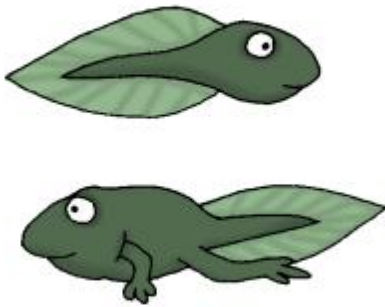


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## Level 1: Tadpole Record of Achievement



### Tadpole Skills:

- Enter and exit water independently
- Put face in water for 3 seconds
- Blow bubbles for 3 seconds
- Pick up submerged object, with eyes open underwater 2 times
- Supported float on front, recover to standing position
- Supported float on back, recover to standing position
- Demonstrate rolling over
- Move independently in water
- Explore treading with support (hand and arm movement)
- Kicking on front w/ support for 5 ft.
- Kicking on back w/ support, 5 ft.
- Alternating arm action on front and back w/ support, 5 ft.
- Combined stroke on front w/ support, 5 ft.
- Combined stroke on back w/ support, 5 ft.
- Discuss importance of following rules
- Discuss and demonstrate how to get help
- Wear lifejacket in shallow water

Comments:

Name: \_\_\_\_\_

Age: \_\_\_\_\_

Date: \_\_\_\_\_

Instructor: \_\_\_\_\_

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## Level 2: Frog Record of Achievement



### Frog Skills:

- Independently jump into and exit chest-deep water
- Hold breath and fully submerge for 5 seconds
- Demonstrate 5 bobs
- Retrieve submerged objects in shallow water
- Unsupported front float for 5 seconds w/ recovery
- Unsupported back float for 5 seconds w/ recovery
- Roll over from front to back and vice-versa, unsupported
- Explore treading, unsupported, in chest-deep water
- Flutter kick on front
- Flutter kick on back
- Finning and kicking on back, 10 ft.
- Basic front crawl, 15 ft.
- Basic back crawl, 15 ft.
- Discuss pool rules
- Discuss and demonstrate using a lifejacket and float for 1 minute
- Discuss how to recognize a distressed swimmer

Comments:

Name:

Age:

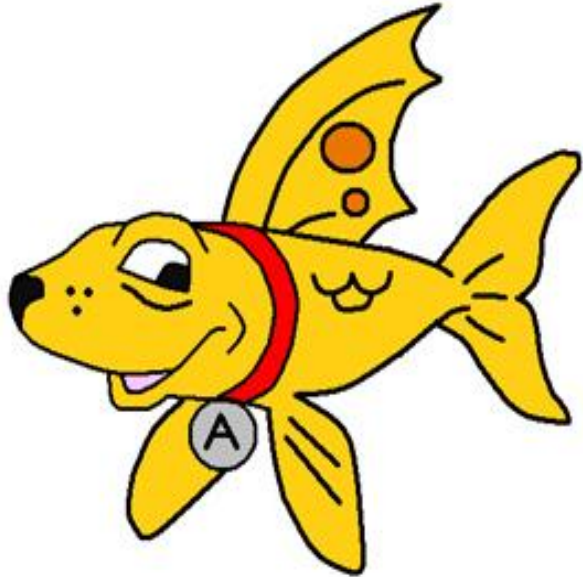
Date:

Instructor:

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## Level 3: Dogfish Record of Achievement



### Dogfish Skills:

- Jump into deep water and return to side
- Dive from side in sitting or kneeling position
- Submerge and retrieve object in chest-deep water
- 5 bobs
- Rotary breathing in horizontal position, at least 5 times
- Front glide with push-off (2 lengths)
- Back glide with push-off (2 times)
- Survival float and back float for at least 30 seconds
- Change from vertical to horizontal position on front
- Change from vertical to horizontal position on back
- Tread water, 30 seconds
- Front crawl with breathing, 15 yards
- Butterfly kick and body position, 15 feet
- Back crawl, 15 yards
- Rules for safe diving
- HELP and Huddle position with lifejackets, 1 minute

Comments:

Name: \_\_\_\_\_

Age: \_\_\_\_\_

Date: \_\_\_\_\_

Instructor: \_\_\_\_\_

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## Level 4: Salamander Record of Achievement



### Salamander Skills:

- Dive from side in compact or stride position
- Swim underwater, 3 body lengths
- Feet first surface dive
- Survival float and back float, 1 minute
- Demonstrate open turn on front with push off (2 body lengths)
- Tread water for at least 1 minute
- Front crawl, 25 yards
- Back crawl, 25 yards
- Breaststroke, 25 yards
- Butterfly, 15 yards
- Elementary backstroke, 15 yards
- Swim on side with scissors kick, 15 yards
- Discuss additional diving rules
- Compact jump from a height with lifejacket
- Throwing assists
- Care for conscious choking victim

Comments:

Name: \_\_\_\_\_

Age: \_\_\_\_\_

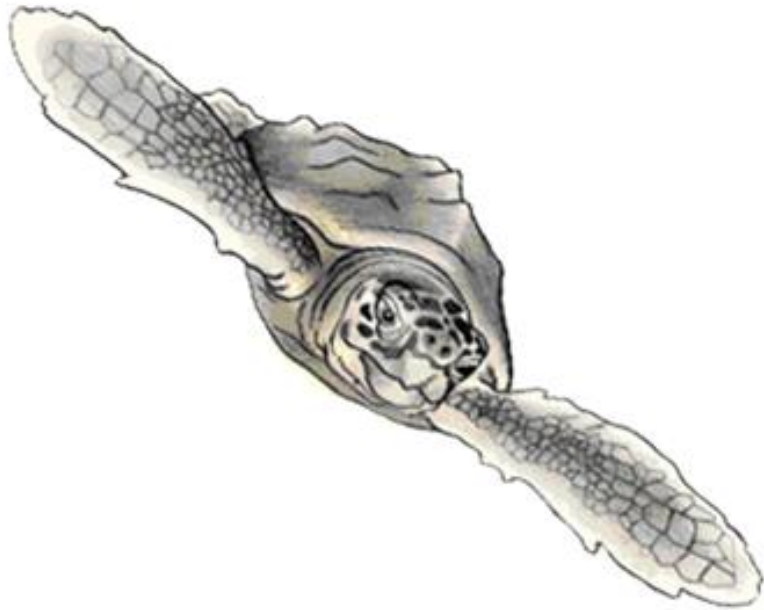
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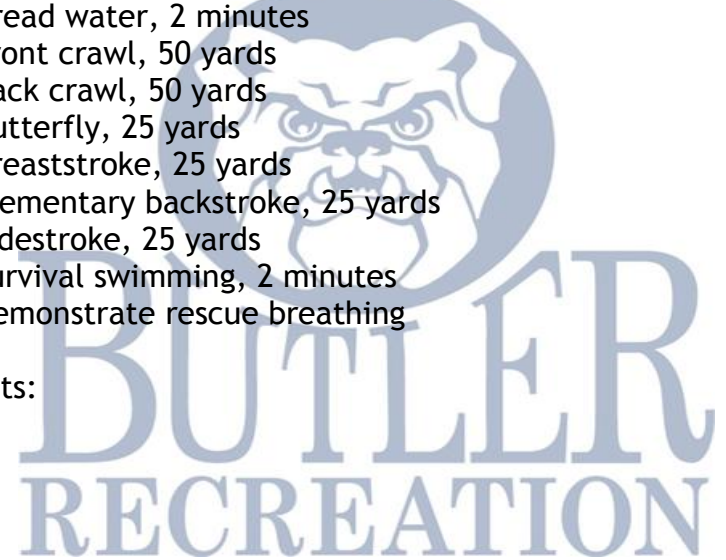
## Level 5: Sea Turtle Record of Achievement



### Sea Turtle Skills:

- Shallow dive from side, glide 2 lengths and start swim
- Swim underwater, 15 yards
- Tuck and pike surface dives
- Survival and back float, 2 minutes
- Flip turn while swimming on front
- Flip turn while swimming on back
- Tread water, 2 minutes
- Front crawl, 50 yards
- Back crawl, 50 yards
- Butterfly, 25 yards
- Breaststroke, 25 yards
- Elementary backstroke, 25 yards
- Sidestroke, 25 yards
- Survival swimming, 2 minutes
- Demonstrate rescue breathing

Comments:



Name: \_\_\_\_\_

Age: \_\_\_\_\_

Date: \_\_\_\_\_

Instructor: \_\_\_\_\_

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## Level 6: Otter Record of Achievement



### Otter Skills:

- Front crawl, 100 yards
- Back crawl, 100 yards
- Breaststroke, 50 yards
- Butterfly, 50 yards
- Elementary backstroke, 50 yards
- Sidestroke, 50 yards
- Front crawl open turn while swimming
- Sidestroke open turn while swimming
- Backstroke open turn while swimming
- Front flip turn while swimming
- Breaststroke turn while swimming
- Butterfly turn while swimming
- Backstroke flip turn while swimming
- Demonstrate etiquette in fitness swimming
- Use a pace clock
- Use a pull buoy while swimming
- Use fins while swimming
- Use paddles while swimming
- Describe the principles of setting up a fitness program
- Demonstrate various training techniques
- Calculate heart rate
- Apply principles of water fitness

Comments:

Name: \_\_\_\_\_

Age: \_\_\_\_\_

Date: \_\_\_\_\_

Instructor: \_\_\_\_\_

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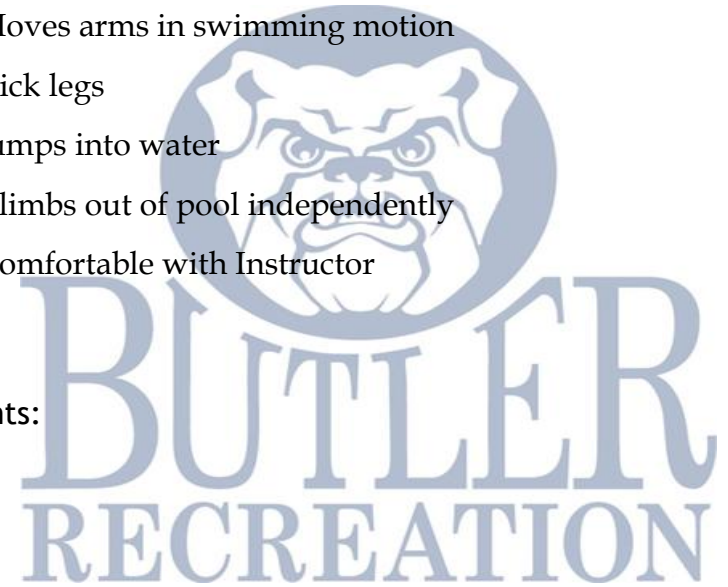
## Parent Tot Record of Achievement



### Parent Tot Skills:

- Comfortable in water
- Blow bubbles
- Lay on back
- Listen to instruction/cues
- Moves arms in swimming motion
- Kick legs
- Jumps into water
- Climbs out of pool independently
- Comfortable with Instructor

Comments:



Name: \_\_\_\_\_

Age: \_\_\_\_\_

Date: \_\_\_\_\_

Instructor: \_\_\_\_\_

Please enroll in: \_\_\_\_\_

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