

Stewartville Pool Swim Program

Level 1

Swimmer's Name: _____

Date: _____

Instructor: _____

Skills:

- Enter and exit water using ladder, steps or side
- Blow bubbles and bobbing, 3 times
- With eyes open, retrieve fully submerged object, 2 times
- Front float with assistance
- Back float with assistance
- Roll from front to back and back to front with assistance
- Kicking leg action on front and back while holding wall
- Combine leg and arm motion on front and back with assistance
- Treading arm motions and hand actions (optional)



Safety:

- Practice safe skills around water
- Proper life jacket use
- Get ahold of an adult during emergency
- Wear sunscreen

Strengths:

Areas to work on:

Next recommended swimming lessons level: _____

