

**Student Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Assessed by:** \_\_\_\_\_

**Pass:** \_\_\_\_\_ **Repeat:** \_\_\_\_\_

- 
- Adjustment to water
  - Adjustment to swim class environment
  - Enters pool safely
  - Exits pool safely
  - Walks pool deck independently
  - Kicks with floatation support
  - Attempts swimming without floatation support
  - Attempts to put face in the water
  - Blows bubbles
  - Jumps into water with support
  - Kicks on back with floatation support
  - Safety skills & PFD's

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**Notes and Observations:**

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**Student Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Assessed by:** \_\_\_\_\_

**Pass:** \_\_\_\_\_ **Repeat:** \_\_\_\_\_

- 
- 5 Bobs
  - Front float with support for 5 seconds
  - Back float with support for 5 seconds
  - Front glide with support for 2 body lengths
  - Back glide with support for 2 body lengths
  - Roll over from front to back
  - Roll over from back to front
  - Combined stroke on front with support for 5 yards
  - Combined stroke on back with support for 5 yards
  - Travels in water independently for 5 yards
  - Retrieve submerged object held at arm length
  - Safety skills & PFD's

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**Notes and Observations:**

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**Student Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Assessed by:** \_\_\_\_\_

**Pass:** \_\_\_\_\_ **Repeat:** \_\_\_\_\_

- 
- Jumps into water
  - 10 Bobs
  - Front float and glide unassisted for 10 seconds
  - Back float and glide unassisted for 15 seconds
  - Roll over front to back
  - Roll over back to front
  - Combined stroke on front and back for 5-10 yards
  - Open eyes underwater and retrieve submerged objects
  - Tread water using arm and leg actions for 15 seconds
  - Rotary breathing at least 5 times
  - Safety skills & PFD's

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**Notes and Observations:**

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**Student Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Assessed by:** \_\_\_\_\_

**Pass:** \_\_\_\_\_ **Repeat:** \_\_\_\_\_

- 
- Front crawl for 25 yards
  - Elementary backstroke for 15 yards
  - Back crawl for 15 yards
  - Breaststroke kick for 15 yards
  - Butterfly kick for 15 yards
  - Scissor kick for 15 yards
  - Rotary breathing at least 15 times
  - Survival floating
  - Back float for 1 minute
  - Treading water for 1 minute
  - Diving from a kneeling or sitting position
  - Safety skills & PFD's

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**Notes and Observations:**

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**Student Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Assessed by:** \_\_\_\_\_

**Pass:** \_\_\_\_\_ **Repeat:** \_\_\_\_\_

- 
- Front crawl with rotary breathing for 25 yards
  - Elementary backstroke for 25 yards
  - Back crawl for 25 yards
  - Breaststroke for 25 yards
  - Butterfly for 15 yards
  - Sidestroke for 15 yards
  - Open turns for front and back crawl
  - Survival swimming
  - Tread water (using 2 different kicking styles) for 2 minutes
  - Swim underwater for 3-5 body lengths
  - Feet first surface dive
  - Dive from a compact or stride position

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**Notes and Observations:**

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**Student Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Assessed by:** \_\_\_\_\_

**Pass:** \_\_\_\_\_ **Repeat:** \_\_\_\_\_

- 
- Front crawl for 50 yards
  - Elementary back stroke for 50 yards
  - Back crawl for 25-50 yards
  - Breaststroke for 25-50 yards
  - Butterfly for 25 yards
  - Sidestroke for 25 yards
  - Sculling for 30 seconds to 1 minute
  - Long shallow dive into front crawl
  - Flip turn from front crawl
  - Flip turn from back crawl
  - Tuck and Pike surface dive
  - Tread water for 5 minutes
  - Tread water (with no hands) for 2 minutes

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**Notes and Observations:**

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**Student Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Assessed by:** \_\_\_\_\_

**Pass:** \_\_\_\_\_ **Repeat:** \_\_\_\_\_

- 
- Front crawl for 100 yards
  - Elementary back stroke for 100 yards
  - Back crawl for 50-100 yards
  - Breaststroke for 50 yards
  - Butterfly for 50 yards
  - Sidestroke for 50 yards
  - Sculling for 30 seconds to 1 minute
  - Long shallow dive into front crawl
  - Flip turn from front crawl
  - Flip turn from back crawl
  - Tuck and Pike surface dive
  - Surface dive and retrieve object from the bottom of the pool
  - Tread water (with no hands) for 2 minutes
  - Continuous endurance swimming using multiple strokes for 500 yards

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**Notes and Observations:**

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# Diving Beginner

**Student Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Assessed by:** \_\_\_\_\_

**Pass:** \_\_\_\_\_ **Repeat:** \_\_\_\_\_

- 
- Front approach on the deck
  - Front approach off the board
  - Standing or kneeling front dive from the deck
  - Standing or kneeling front dive from the board
  - Front dive with an approach
  - Back approach from the deck
  - Back approach from the board
  - Standing back dive off the board with assistance
  - Standing back dive off board

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**Notes and Observations:**

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**Student Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Assessed by:** \_\_\_\_\_

**Pass:** \_\_\_\_\_ **Repeat:** \_\_\_\_\_

- 
- Front approach off the board
  - Front dive off the board with an approach
  - Back approach off the board
  - Back dive off the board with an approach
  - Back dive with  $\frac{1}{2}$  twist from the deck
  - Back dive with  $\frac{1}{2}$  twist from the board
  - Front SS off the deck
  - Front SS off the board
  - Back SS off the board

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**Notes and Observations:**

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**Student Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Assessed by:** \_\_\_\_\_

**Pass:** \_\_\_\_\_ **Repeat:** \_\_\_\_\_

- 
- Front dive with approach
  - Back dive with approach
  - Back dive with a ½ twist
  - Front 1 SS
  - Front 1 ½ SS
  - Back 1 SS
  - Inward dive
  - Inward dive 1 SS
  - Reverse dive
  - Reverse dive 1 SS
  - Front 1 SS with ½ twist
  - Front 1 SS with 1 twist
  - Back 1 SS with ½ twist
  - Back 1 SS 1 twist

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**Notes and Observations:**

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