



Swimming Skills Checklist

Swimmer's Name _____ Age _____ Swimming Level _____
Parent Names _____ Phone _____
Email _____ Date of 1st Lesson _____

The checklist below is a list of skills required for each swimming level. These skills correspond to the American Red Cross Swimming Program.

Level 1a Introduction to Water Skills

- _____ Blow bubbles through mouth and nose
- _____ Submerging mouth, nose and eyes
- _____ Submerge body under water blowing bubbles
- _____ Open eyes under water and retrieve submerged objects
- _____ Bobbing (3 bobs)
- _____ Float independently on back (10 seconds)
- _____ Float independently on front (10 seconds)

Level 1 b Introduction to Water Skills

- _____ Front float and glide (streamline position) 2 body lengths
- _____ Roll from front to back
- _____ Finning action on back
- _____ Treading with arm and hand actions (3 sec)
- _____ Swim/doggie paddle on front for 5 yds.
- _____ Swim/skull on back for 5 yds.

Level 2 a Fundamental Aquatic Skills

- _____ Fully submerging and holding breath (5 secs)
- _____ Bobbing (10 bobs)
- _____ Back float and glide (2 body lengths)
- _____ Change direction of travel while swimming on front or back
- _____ Treading water using arm and leg actions (10 sec)

Level 2b Fundamental Aquatic Skills

- _____ Front crawl with rotary breathing for 10-15 yds.
- _____ Back crawl for 10-15 yds.
- _____ Elementary Backstroke kick for 10 yds
- _____ Kickboard 25 yards or one length of pool

Level 3 Stroke Development

- _____ Headfirst entry from side in sitting and kneeling positions in pool
- _____ Bobbing while moving towards safety
- _____ Rotary breathing (10 breathes)
- _____ Front glide with both flutter and dolphin kicks
- _____ Able to jump in deep end and get out of water on side (elbow, elbow, knee, knee)
- _____ Front crawl for 25 yds.
- _____ Back crawl for 25 yds. .
- _____ Breaststroke kick for 10 yds.
- _____ Elementary Backstroke for 10 yds. (arms & legs)
- _____ Swim underwater 10 yds

Level 4 Stroke Improvement

- _____ Entry from side in compact and stride positions (in pool)
- _____ Feet first surface dive in deep end
- _____ Touch bottom of pool in deep end
- _____ Survival swimming
- _____ Eggbeater kick and treading
- _____ Front crawl open turn
- _____ Back crawl open turn
- _____ Front crawl for 50 yds with open turn.
- _____ Back crawl for 50 yds with open turn..
- _____ Breaststroke for 10 yds. (arms & legs)
- _____ Elementary Backstroke for 25 yds.
- _____ Sidestroke for 10 yds (arms & legs)
- _____ Dolphin kick for 10 yds.
- _____ Perform throwing and reaching safety assists

Level 5 Stroke Refinement

- _____ Shallow-angle dive from side with glide and front stroke
- _____ Front flip turn while swimming
- _____ Back flip turn while swimming
- _____ Tread water for 2 minutes
- _____ Front crawl for 100 yds.
- _____ Back crawl for 100 yds.
- _____ Breaststroke for 25 yds.
- _____ Butterfly for 10 yds. (arms & legs)

Level 6 Swimming and Skill Proficiency – Refines the strokes so participants swim them with ease, efficiency, power and smoothness over greater distances.

- _____ 500 yds. Continuous swim
- _____ 200 yds Front crawl
- _____ 100 yds. Back crawl
- _____ 50 yds Breaststroke
- _____ 50 yds. Sidestroke
- _____ 100 yds. Your choice Butterfly for 25 yds.

For questions or more information contact Deb Eastwood, Swim Director
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