STARFISH AQUATIC CLUB, INC.

NAME:_____

LEVEL 1 - BASIC SKILLS

AGE:_____

SKILL	COMPLETED
Comfortable in the water without parent	
Blow bubbles, 5 seconds	
Exit water and enter the water safely using ladder, steps or side	
Open eyes underwater and look for an object/and or retrieve it	
Front glide assisted for 2 body lengths	
Front glide with vertical recovery	
Back glide assisted for 1-2 body lengths	
Back float (assisted) for 10 seconds	
Front float (assisted) for 10 seconds	
Bobbing unassisted (3-5 bobs)	
Rolling from front to back with assistance	
Introduction to arm strokes for freestyle and backstroke	
Jumping from wall to instructor with assistance	
Kicking on noodle or barbell without instructor	
Comfortable entering water deeper than themselves with instructor	
Comfortable without instructor holding them	

Once your student has successfully completed a skill, put a check mark in the completed column. Make sure to give your student praise when they have accomplished a new skill!