

West Shore Recreation Commission - American Red Cross Swimming Lessons

Level 1 – Skills Checklist

Name: _____ **Instructor:** _____

This checklist was designed to help you, your child, and the instructor acknowledge the skills learned (checked items), and identify the skills needed to pass Level 1.

- 1. Enter water safely using ladder, steps or side _____
- 2. Exit water safely using ladder, steps or side _____
- 3. Blowing bubbles through mouth and nose, 3 seconds _____
- 4. Bobbing, 5 times _____
- 5. Open eyes under water and retrieving submerged objects, 2 times (in shallow water) _____
- 6. Front glide, 2 body lengths _____
- 7. Recover from a front glide to a vertical position _____
- 8. Back glide, 2 body lengths _____
- 9. Back float, 5 seconds _____
- 10. Recover from a back float or glide to a vertical position _____
- 11. Roll from front to back _____
- 12. Roll from back to front _____
- 13. Tread using arm and hand actions (in chest-deep water) _____
- On Front**
- 14. Alternating leg action on front, 2 body lengths _____
- 15. Simultaneous leg action on front, 2 body lengths _____
- 16. Alternating arm action on front, 2 body lengths _____
- 17. Simultaneous arm action, 2 body lengths _____
- 18. Combined arm and leg actions on front, 2 body lengths _____
- On Back**
- 19. Alternating leg action on back, 2 body lengths _____
- 20. Simultaneous leg action on back, 2 body lengths _____
- 21. Alternating arm action on back, 2 body lengths _____
- 22. Simultaneous arm action on back, 2 body lengths _____
- 23. Combined arm and leg actions on back, 2 body lengths _____
- Safety**
- 24. Staying safe around water _____
- 25. Recognizing the lifeguards _____
- 26. Don't just pack it, wear your jacket _____
- 27. Recognizing an emergency _____
- 28. How to call for help _____
- 29. Too much sun is no fun _____

Exit Skills Assessment

- 1. Enter independently, using either the ladder, steps or side, travel at least 5 yards, bob 5 times then safely exit the water. (Participants can walk, move along the gutter or "swim.")
- 2. Glide on front at least 2 body lengths, roll to a back float for 5 seconds and recover to a vertical position (can be performed with support).

Comments: _____

Your child: _____ **should repeat level 1** _____ **has completed all skills for level 1**