

Adult Novice Level 2 Skills Checklist

Student has learned the following skills:

- ✓✓✓ = Mastered
- ✓✓ = Good
- ✓ = Needs more practice



- Fully submerge for 3 seconds
- Bob with relaxed breathing 10 times
- Front & Back glide without support
- Flutter kick on front
- Back float without support
- Flutter kick on back
- Perform Elementary backstroke arms (Tickle-T-Touch)
- Swim Beginner stroke on front using arm and legs for 5 yards
- Swim Combined stroke on back using arms and legs for 5 yards
- Use life jacket in deep water

Instructors Comments:

Note: Success with learning swim skills is dependent upon many factors, including the student's strength, size, coordination, listening skills, readiness to learn, and inherent fears. Consequently, individuals will progress and acquire skills differently. Learning swimming basics, and becoming comfortable and proficient in the water, is a process that must take these differences into account. Patience, perseverance, and frequent practice/play opportunities will lead to success! Enjoy!

Adult Novice Level 2

Student's Name

Instructor

Date

Pool

Instructor's Recommendation:

The student has progressed well in this level and would benefit from:

- Repeating this level to become more proficient and comfortable, in order to be successful at the next level.
- Register for the next level, knowing it may be a struggle and the student may not succeed at some skills.
- Skipping the next session – not ready to go on, but should come to the pool frequently to practice and play to gain poise and develop skills.