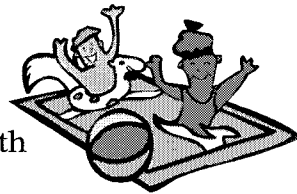


Aquatots Skills Checklist

Student has learned the following skills:

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



- _____ Put Face in & Hold Breath
- _____ Blow Bubbles
- _____ Hold Onto Side & Kick
- _____ Float on Stomach (Prone Float) with help
- _____ Float on Back with help
- _____ Back Float & Kick with help
- _____ Roll over from front to back with help
- _____ Jump in from sitting position Assisted
- _____ Jump in from standing position Assisted
- _____ Climb out of Pool
- _____ Pick up Object from underwater
- _____ Swim underwater to Instructor/Parent
- _____ Enter the water, surface and float on back with help

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!

Aquatots

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.