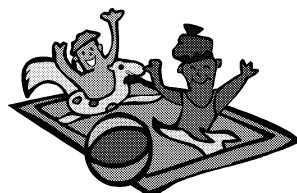


Pre Beginner Level 1 Skills

Student has learned the following skills:

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



- _____ Enter and exit water safely
- _____ Blow Bubbles
- _____ Submerge face for 3 seconds
- _____ Walk with face in water
- _____ Demonstrate reach and pull arm stroke
- _____ Kick on front with support
- _____ Float on front without support
- _____ Back float without support
- _____ Use life jacket in shallow water
- _____ Pick up objects in shallow 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!

Pre Beginner Level 1

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.