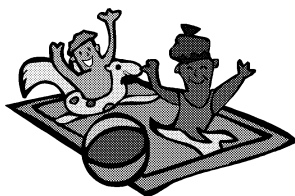


# Pre Beginner Level 3 Skills

Student has learned the following skills:

- ✓✓✓ = Mastered
- ✓✓ = Good
- ✓ = Shaky



- \_\_\_\_\_ Bob with relaxed breathing in chest deep water – 10 times
- \_\_\_\_\_ Swim front crawl with coordinated breathing 15 yards
- \_\_\_\_\_ Perform arm stroke for back crawl
- \_\_\_\_\_ Swim back crawl for 5 yards
- \_\_\_\_\_ Introduce Elementary backstroke kick
- \_\_\_\_\_ Use of life jacket in deep water
- \_\_\_\_\_ Sitting dive

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 3

\_\_\_\_\_  
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.