

# Pre School Skills Checklist

Student has learned the following skills:

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



- Put face in & Hold Breath
- Blow Bubbles
- Hold Onto Side & Kick
- Hold onto Barbells & Kick & Pull
- Float on Stomach (Prone Float)
- Prone Float & Kick
- Prone Float & Kick & Pull
- Float on Back
- Back Float & Kick
- Roll over from front to back
- Jump in from sitting position
- Climb out of the pool
- Pick up Object from Underwater
- Swim Underwater to Instructor/Parent
- Enter the water, surface and float on back with help
- Take a breath while swimming
- Jump in & Swim back to the wall

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 School

\_\_\_\_\_  
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.