

Youth Level 5 Skills Checklist

Student has learned the following skills:

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



- _____ Demo bilateral breathing
- _____ Front crawl/Freestyle – 2 lengths
- _____ Elementary backstroke- 1 length
- _____ Back Crawl/Backstroke– 2 lengths
- _____ Introduce Breaststroke Arms
- _____ Introduce Breaststroke Coordination
- _____ Long shallow 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!

Youth Level 5

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.
- Registering for the competitive swim team. We offer two options, Swim Montgomery and RMSC. Please contact the front desk for details.