

BEGINNER SWIMMING SKILLS CHECKLIST

Student Name: _____

Level 1: Water Introduction Focus: Confidence

- Submerge mouth, nose, and eyes
- Blow bubbles for 3 seconds
- Assisted front float (5 seconds)
- Assisted back float (5 seconds)
- Enter and exit water safely

Level 2: Fundamental Skills Focus: Movement

- Fully submerge and retrieve object
- Independent front glide (2 body lengths)
- Independent back glide (2 body lengths)
- Combined arm/leg action on front
- Tread water using arm/leg motions (15 seconds)

Level 3: Stroke Development Focus: Coordination

- Survival float (30 seconds)
- Front crawl with rhythmic breathing (15 yards)
- Elementary backstroke (15 yards)
- Scissor kick introduction
- Sitting dive from side of pool

Instructor Signature: _____ Date: _____