

# WATER SAFETY MILESTONES

Swimmer Name: \_\_\_\_\_

Instructor: \_\_\_\_\_

**Water Acclimation** Comfortable entry, face wetting, and blowing bubbles.

DATE COMPLETED

**Front & Back Float** Buoyancy control and recovery to a standing position.

DATE COMPLETED

**Water Exit** Independent exit from pool without using a ladder.

DATE COMPLETED

**Rolling & Treading** Rolling from front to back and treading for 30 seconds.

DATE COMPLETED

**Swim-Float-Swim** Combining propulsion with rest intervals on the back.

DATE COMPLETED

**Life Jacket Proficiency** Properly fitting and swimming in a PFD.

DATE COMPLETED

Note: This chart is for tracking purposes only. Always supervise children around water.