



Swimmer Name: _____

R = Refusal 1 = Complete Assistance 2 = Some Assistance 3 = Independent NA= No Instruction N = Noodle

Skill	Skill Level					Verbal Queues/Notes
Safely enter pool	R	1	2	3	NA	
Safely exit pool	R	1	2	3	NA	
Blow bubbles under water	R	1	2	3	NA	
Rhythmic breathing	R	1	2	3	NA	
Bobbing 3 times	R	1	2	3	NA	
Front float—5 seconds	R	1	2	3	NA	
Back float—5 seconds	R	1	2	3	NA	
Roll from back to front/ front to back	R	1	2	3	NA	
Recover from horizontal to vertical position	R	1	2	3	NA	
Front glide—2 body lengths	R	1	2	3	NA	
Back glide—2 body lengths	R	1	2	3	NA	
Continuous leg action on front—2 body lengths	R	1	2	3	NA	
Continuous arm action on front—2 body lengths	R	1	2	3	NA	
Combined arm & leg action front—2 body lengths	R	1	2	3	NA	
Continuous leg action on back—2 body lengths	R	1	2	3	NA	
Continuous arm action on back—2 body lengths	R	1	2	3	NA	
Combined arm & leg action back—2 body lengths	R	1	2	3	NA	
Treading water—10 seconds	R	1	2	3	NA	
Safety— Wearing a lifejacket	R	1	2	3	NA	
Safety—Jump & recover	R	1	2	3	NA	
Safety—Jump & swim	R	1	2	3	NA	
Safety—Navigate out and back to wall	R	1	2	3	NA	
Goal:	<input type="checkbox"/> Met Goal <input type="checkbox"/> Made significant progress <input type="checkbox"/> Did not meet					

Additional Comments