

# Aquatic Center Swim Lesson Evaluation Sheet

## Level I

Participant needs to perform skills before moving on to next level.

### **Water Adjustment and Exploration**

- ◆ Moves with ease through the water.
- ◆ Fully Submerged face and head for approx. 3 seconds.
- ◆ Bubble blowing
- ◆ Open eyes underwater and retrieve object
- ◆ Retrieve Object from bottom of pool with full submergence.
- ◆ Explore deep water

### **Buoyancy**

- ◆ Bounce up and down repeatedly or Bob up and down with full submergence and rhythmic breathing (10 times).
- ◆ Float on Front with little or no help.
- ◆ Float on Back with little or no help.
- ◆ Level off from vertical position with support.
- ◆ Bob up and down from deep to shallow water

### **Movements**

- ◆ Walk across pool with little or no help.
- ◆ Kicking on front with support or with kickboard.
- ◆ Kicking on back with support or with kickboard.
- ◆ Basic Arm movements (Free and Breast).
- ◆ Introduction to backstroke
- ◆ Arm action with flutter kick with little or no support
- ◆ Push off wall into crawl stroke action

### **Turns-entry-exit**

- ◆ Enter and exit independently.
- ◆ Turn over from front to back/back to front
- ◆ Reverse direction while swimming with support
- ◆ Step/ jump into Chest deep water with or without support.
- ◆ Jump into shallow water with no support
- ◆ Jump into deep water with support

# Level II

Participant needs to perform skills before moving on to next level.

## **Buoyancy/breath control**

- ◆ Float on front 5-10 seconds
- ◆ Float on back 5-10 seconds
- ◆ Fully submerge face and head for 5 seconds.
- ◆ Retrieve 3 objects underwater all at one time.
- ◆ Deep water bobbing
- ◆ Deep water retrieving
- ◆ Introduction to rotary breathing

## **Movements**

- ◆ Glide on front with push-off 5 seconds
- ◆ Glide on back with push-off 5 seconds
- ◆ Back crawl/backstroke action with little or no support
- ◆ Crawl stroke with no support 25 yds with demonstrated rotary breathing
- ◆ Introduction to breaststroke kick and arms
- ◆ Introductions to elementary backstroke
- ◆ Introduction to sidestroke
- ◆ 25 yard front crawl swim with continuous rotary breathing
- ◆ Back crawl stroke 10 yards with no support

## **Turns**

- ◆ Reverse direction while swimming crawl stroke with little or no support
- ◆ Reverse direction while swimming back crawl with little or no support
- ◆ Introduction to turning at wall

## **Entry & Exit**

- ◆ Jump into shallow water with no support
- ◆ Jump into deep water with no support from side of pool.
- ◆ Dive from side of pool from a kneeling position

# Level III

## **Buoyancy & Breath Control**

- ◆ Deep water bobbing
- ◆ Introduction to Alternate Breathing
- ◆ Deep water retrieving
- ◆ Swim 3 body lengths underwater

## **Movements**

- ◆ 50 yard front crawl swim with continuous rotary breathing
- ◆ Back crawl stroke 25-50 yards with no support
- ◆ 10-25 yard breaststroke swim
- ◆ 10-25 yard elementary backstroke swim
- ◆ 10-25 yard sidestroke swim
- ◆ Introduction to dolphin kick
- ◆ 100 yard front crawl swim with continuous rotary breathing
- ◆ 10 yards butterfly swim

## **Turns**

- ◆ Open turn on front and back
- ◆ Introduction to flip turn
- ◆ 25 Front crawl into a flip turn
- ◆ Open turn for Breaststroke
- ◆ Introduction to backstroke with flip turn

## **Entry & Exit**

- ◆ Dive from side of pool from a standing position.
- ◆ Introduction to starting blocks and diving boards
- ◆ Dive from starting blocks
- ◆ Introduction to Hurdle off diving boards