

OPELIKA SWIM SCHOOL: SKILL CHECKLIST!



NAME:

LEVEL 1: WATER COMFORT

-  FOLLOWS DIRECTIONS
-  ASSISTED FLOATS
-  BLOWS BUBBLES UNDER WATER
-  DIVE RINGS!

LEVEL COMPLETE

01.

LEVEL 2: ASSISTED KICK AND BREATH CONTROL

-  HOLDS BREATH :10
-  SUPERMAN FLOAT
-  FRONT KICK ARMS AT SIDE
-  BACK KICK ARMS AT SIDE

LEVEL COMPLETE

02.

LEVEL 3: MOVEMENT!

-  FRONT KICK 10 YARDS
-  BACK KICK 10 YARDS
-  KICK AND BREATHE!
-  FREE ARMS & BREATHE

LEVEL COMPLETE

03.

LEVEL 4: FREESTYLE AND BACKSTROKE!

-  25 YARDS FREESTYLE
-  25 YARD BACKSTROKE
-  25 YARD BOARD KICK
-  EMAIL PBROWNE@OPELIKA-AL.GOV FOR TEAM EVALUATION!

04.