

# Swim Tots A

All skills must be completed with assistance unless otherwise stated

Instructor's Name:  Date:  Time:	Participant's Names:								
		1	2	3	4	5	6	7	8
Enter and exit water safely either using the stairs or side of pool.									
Enter water by jumping in.									
Blowing bubbles with mouth and nose submerged.									
Bobbing with whole head submerged.									
Roll from front to back or back to front.									
Front glide (alligator chops).									
Back glide (rocket ship).									
Back Float.									
Front float.									
Front crawl (ice cream scoops)									
Back crawl (Karate chops)									
Elementary back stroke (Monkey, airplane, soldier)									
Watery safety rules									
Importance/how to wear lifejacket.									

Notes: