

Level 1

Instructor's Name: Date: Time:	Participant's Names:								
		1	2	3	4	5	6	7	8
Enter and exit water by stairs.									
Bobbing with whole head submerged 5 times.									
Pick up submerged item 2 times in shallow water. 3 seconds									
Front glide 2 body lengths.									
Back glide 2 body lengths									
Front float for 5 seconds.									
Back float for 5 seconds.									
Recover from glide to standing position on front and on back.									
Roll from front to back or back to front.									
Assisted front crawl for 2 body lengths.									
Assisted back crawl for 2 body lengths.									
Assisted kicks on front and back 2 body lengths.									
Watery safety rules									
Importance of/how to wear lifejacket.									
Jumping into chest deep water.									

Notes: