School Swimming and Water Safety Program **Skills Checklist**

Teacher_____

Dates_____

Session_____

School_____

Group_____

★Survival skills to be completed without goggles

NAMES	Day 1 Freestyle Distance	Starfish (waist high)											Stingray (waist/chest high)						Seal (chest high)							Dolphin (deep)							Marlin (deep)								Day 9 Freestyle Benchmark	Survival Swim Distance
		Enter, walk, exit	Getting face wet	Blow bubbles 5-7 sec	Open eyes	Submerge	Front glide & recover (assisted)	Front glide & recover	Back glide & recover (assisted)	Back glide & recover	★ Safety Survival Sequence		Front glide with kick 5m	★ Back glide with kick 5m	Freestyle 5m	★ Back scull with kick 10m	★ Introductory treading water	★ Safety Survival Sequence	★ Treading water 30sec	★ Front glide (5s) roll to back glide/float (5s)	Freestyle 10m	★ Back scull with kick 25m	Backstroke 10m	★ Survival backstroke 15m	★ Safety Survival Sequence	★ Treading water 2 min	★ Survival float 20 sec	★ Headfirst back scull 10m	★ Survival backstroke 25m	Backstroke 15m	Breaststroke 15m	Freestyle 25m	★ Safety Survival Sequence	★ Treading water 5 min	★ Survival backstroke 50m	Backstroke 25m	Breaststroke 25m	Freestyle 50m	★ Extension Skill: Sidestroke 25m	Extention Skill: Diving sequence	★ Safety Survival Sequence		
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