



SWIM with ME SWIM SCHOOL SKILL CHECKLIST

SAFETY SKILLS

- Bubbles
- Face in the water
- Head submerged
- Enter and exit pool independently
- Back float, tripod position. Hold 3-5 seconds.
- Back float > sculling or elementary backstroke arms with flutter kick.
- Front float > arrow pull arms with flutter kick.
- Rolling front to back and back to front:
 - Arrow pull arms with flutter kick > roll to back > sculling or elementary backstroke arms with flutter kick > roll to front.
- Arrow pull arms with flutter kick > lift and breathe.
- Enter the water > surface to back float > sculling or elementary backstroke arms with flutter kick to the wall. Roll, grab wall, exit independently.
- Tread water 10 seconds; back float 10 seconds

STROKE PERFORMANCE

- Front crawl
 - Arm action, breathing & timing
 - Kick
- Elementary Backstroke
 - Arm action & timing
 - Kick
- Back crawl
 - Arm action & timing
 - Kick
- Breaststroke
 - Arm action, breathing & timing
 - Kick
- Butterfly
 - Arm action, breathing & timing
 - Kicks
- Flip turns