

Swimmer Name: _____
 Instructor: _____
 Day: _____ Time: _____

Level 1: Going Underwater, and Support

Go Underwater Unassisted	Completed:	
Chin: <input type="checkbox"/> Lips: <input type="checkbox"/> Nose: <input type="checkbox"/> Eyes: <input type="checkbox"/> Whole Head: <input type="checkbox"/> Notes:		
Supported Front Float with	Completed:	
Arms straight: <input type="checkbox"/> Body straight: <input type="checkbox"/> Legs straight: <input type="checkbox"/> Face in water: <input type="checkbox"/> Face still: <input type="checkbox"/> Legs kicking: <input type="checkbox"/> Notes:		
Supported Back Float with ears	Completed:	
Body straight: <input type="checkbox"/> Body flat: <input type="checkbox"/> Legs straight: <input type="checkbox"/> Ears in water: <input type="checkbox"/> Head still: <input type="checkbox"/> Legs kicking: <input type="checkbox"/> Notes:		
Go underwater, then stand up	Completed:	
Able to place feet on ground after going underwater unassisted: <input type="checkbox"/> Notes:		
Ready for Level 2	Completed:	

