Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Skill Proficiency

Level: Dolphin

\_\_\_\_\_\_ Swim Horizontally alone

\_\_\_\_\_\_ Put face in water for 5 seconds

\_\_\_\_\_\_ Jump into pool alone

\_\_\_\_\_\_ Back float

\_\_\_\_\_\_ Put face in while swimming

\_\_\_\_\_\_ Introduction to front crawl

\_\_\_\_\_\_ Introduction to elementary back stroke

\_\_\_\_\_\_ Introduction to back stroke

\_\_\_\_\_\_ Swim/Float/Swim

\_\_\_\_\_\_ Exchange air while swimming

\_\_\_\_\_\_ Introduction to kneel dive

\_\_\_\_\_\_ Swims unassisted with Noodle

Instructor: \_\_\_\_\_\_\_\_\_\_\_\_

**Advanced Aquatics**

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