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

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

Skill Proficiency

Level: Shark III

**\_\_\_\_\_\_ Swim for 40 feet**

**\_\_\_\_\_\_ Swim for 20 feet with face submerged**

**\_\_\_\_\_\_ Front crawl with refined rotary breathing**

**\_\_\_\_\_\_ Refined Back Crawl**

**\_\_\_\_\_\_ Refined Beast Stroke**

**\_\_\_\_\_\_ Side Stroke**

**\_\_\_\_\_\_ Whip Kick**

**\_\_\_\_\_\_ Dolphin Kick**

**\_\_\_\_\_\_ Stride Jump**

\_\_\_\_\_\_ Swim under water and touch bottom at 8 feet

\_\_\_\_\_\_ Refined Elementary Back Stroke

\_\_\_\_\_\_ Swim/Float/Swim for 20 feet

\_\_\_\_\_\_ Turn at Wall

\_\_\_\_\_\_ Treading Water for 2 minutes

\_\_\_\_\_\_ Pool Side Safety Measures

\_\_\_\_\_\_ Introduction to Rescue Breathing

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

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

**Advanced Aquatics**

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