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

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

Skill Proficiency

Level: Shark II

\_\_\_\_\_\_ Swim for 30 feet

\_\_\_\_\_\_ Swim for 15 feet with face submerged

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

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

———- Breast Stroke

\_\_\_\_\_\_ Refined Whip Kick

\_\_\_\_\_\_ Introduction to Stride Jump & Dive

\_\_\_\_\_\_ Swim under water and touch bottom at 7 feet

\_\_\_\_\_\_ Swim/Float/Swim for 10 feet

\_\_\_\_\_\_ Turning at Wall

\_\_\_\_\_\_ Introduction to Treading Water

 Primary survey CPR with First Aid

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

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

Advanced Aquatics

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