



## Progress Report

Student: \_\_\_\_\_

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

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Next recommended level: \_\_\_\_\_

### AquaMobile 1

#### Entries and Exits

- Enter and exit shallow water
- Jump into chest-deep water

#### Surface Skills

- Rhythmic breathing (bobs) (5 times)
- Front float (3-5 sec.) and recover
- Back float (3-5 sec.) and recover
- Roll-over floats - assisted
- Roll-over glides - assisted

#### Underwater Skills

- Submerge head
- Exhale through mouth and/or nose (10 times)
- Open eyes underwater
- Retrieve submerged objects with hands from chest deep water

#### Swimming Skills

- Front glide (3 sec.) and recover
- Back glide (3 sec.) and recover
- Front glide with kick (3-5m) with aid
- Back glide with kick (3-5m) with aid
- Flutter Kick Drill (10m) with aid
- Distance swim (5m)

#### Safety Skills

- Getting to know your PFD
- Move in water in PFD
- How to recognize an emergency
- How to call for help
- Identify basic pool rules
- Staying safe around aquatic environments
- Importance of supervision (adult and lifeguard)



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### AquaMobile 2

#### Entries and Exits

- Jump in deep water with PFD
- Jump in deep water, return to edge and exit

#### Surface Skills

- Tread water using arm and leg actions (10-20 sec.)
- Roll-over floats (front to back and back to front) (5-10 sec.)
- Jellyfish float (5-10 sec.)
- Tuck float (5-10 sec.)

#### Underwater Skills

- Fully submerge head and body (3 sec.)
- Rhythmic breathing (bobs) (10 times)
- Open eyes under water and retrieve submerged object

#### Swimming Skills

- Change direction of travel while swimming on front and back
- Front glide with flutter kick (with breathing) (5-10m)

#### Swimming Skills (cont.)

- Back glide with flutter kick and recover (5-10m)
- Side glide with flutter kick and recover (5m)
- Roll-over glide with flutter kick (5m)
- Front stroke (5-10m)
- Backstroke (5-10m)
- Whip kick in vertical position (seated position)
- Deep water activities

#### Safety Skills

- How to recognize an emergency
- How to call for help
- Sun safety
- Look before you leap
- Getting to know your PFD (deep water)
- Staying safe around aquatic environments
- Practice with throwing and reaching aids



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### AquaMobile 3

#### Entries and Exits

- Tuck jump (cannonball)
- Sitting dive
- Kneeling dive

#### Surface Skills

- Tread water (30 sec.)
- Sculling on back (5-10m)
- Standing to horizontal position on front and back (10sec.)
- Back float in deep water (30 sec.)

#### Underwater Skills

- Rhythmic breathing (bobs) while moving (10 times)
- Rotary (side) breathing with aid (10m)
- Handstand in shallow water
- Front somersault (in shallow water)
- Swim underwater (5m)

#### Swimming Skills

- Front glide to slide glide with flutter kick (10m)
- Front crawl (15m)
- Back crawl (15m)
- Push off in a streamlined position, begin flutter and dolphin kicks on front (with aid) (10m)
- Scissor kick (5-10m)
- Whip kick on front with aid (10m)
- Distance swim (50m)

#### Safety Skills

- Jump in deep water with PFD
- Demonstrate H.E.L.P. position (1 min.)
- Demonstrate huddle position (1 min.)
- Discuss rules for safe diving
- Demonstrate a throwing assist



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### AquaMobile 4

#### Entries and Exits

- Head first standing dive into deep water
- Stride entry into deep water
- Feet first surface dive

#### Surface Skills

- Tread water using eggbeater (1min.)
- Head first sculling (15m)

#### Underwater Skills

- Deep water rhythmic breathing (bobs) (10 times)
- Swim underwater (5m-10m)

#### Swimming Skills

- Front stroke open turns
- Backstroke open turns
- Front stroke (25m)
- Backstroke (25m)
- Elementary backstroke (15m)
- Sidestroke (15m)

#### Swimming Skills (cont.)

- Push off in a streamlined position, begin flutter and dolphin kicks on front (15m)
- Push off in a streamlined position, begin flutter and dolphin kicks on back (15m)
- Breaststroke arms with breathing (any kick) (15m)
- Distance swim (100m)

#### Safety Skills

- How to be a safe boater
- Demonstrate a reaching assist
- Demonstrate how to care for conscious choking victim
- Perform underwater search
- Where and when to go on ice



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### AquaMobile 5

#### Entries and Exits

- Shallow dive into deep water
- Shallow dive, glide two body lengths, begin a front stroke

#### Surface Skills

- Tread water using two different kicks (2min.)
- Back float (2min.)
- Foot first sculling (15m)

#### Underwater Skills

- Swim underwater (10m)

#### Swimming Skills

- Flip turn with front stroke/freestyle approach
- Flip turn with backstroke approach
- Front stroke (50m)
- Backstroke (50m)
- Elementary backstroke (50m)
- Sidestroke (25m)
- Breaststroke (50m)
- Butterfly (25m)
- Distance swim (200m)
- Sprint (25m)

#### Safety Skills

- Sun smart
- Swim with PFD (25m)
- Swim while clothed (25m)
- Demonstrate rescue breathing (Adult)



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### AquaMobile 6

#### Entries and Exits

- Surface dive and retrieve object from bottom, swim with object (15m)

#### Surface Skills

- Eggbeater with weighted object held out of water (30sec.)
- Tread water - legs only (3min.)
- Tub position
- Survival float/dead man's float

#### Underwater Skills

- Submerge head
- Exhale through mouth and/or nose (10 times)
- Open eyes underwater
- Retrieve submerged objects with hands from chest deep water

#### Swimming Skills

- Front stroke (100m)
- Backstroke (100m)
- Elementary backstroke (100m)
- Sidestroke (50m)

#### Swimming Skills (cont.)

- Breaststroke (100m)
- Butterfly (50m)
- Front stroke open turns
- Backstroke open turns
- Front stroke flip turn
- Backstroke flip turn
- Breaststroke turn
- Butterfly turn
- Head up front stroke (25m)
- Head up breast stroke (25m)
- Sprint (50m)
- Distance swim (300m)

#### Safety Skills

- Wading assist with equipment
- Swim on back holding object
- Safety rules for open water
- Demonstrate rescue breathing (Infant & Child)



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### Seal & Pup 1

#### Entries and Exits

- Enter water by lifting and walking in
- Exit water by lifting and walking out

#### Surface Skills

- Getting wet with toys
- Hold tot on front, eye contact
- Hold tot on back, head and back support
- Front float - assisted
- Back float - assisted
- Participation in songs and games
- Blowing bubbles on surface
- Passing from instructor to parent
- Legs: tickling, splashing, kicking on front and back
- Arms: splashing, reaching, paddling on front and back

#### Underwater Skills

- Caregiver encouraging tot to wet face
- Blowing bubbles with mouth and nose submerged (optional)

#### Swimming Skills

- Front glide - assisted
- Back glide - assisted

#### Safety Skills

- How to call for help
- Importance of knowing first aid and CPR
- Basic water safety rules
- Sun safety
- Water safety rules around the home



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### Seal & Pup 2

#### Entries and Exits

- Entry from seated position
- Jump entry - assisted
- Entry from seated position wearing PFD and return
- Exit the water using side of pool and ladder

#### Surface Skills

- Roll from front to back
- Roll from back to front
- Passing from instructor to parent
- Front float - assisted
- Back float - assisted
- Participation in songs and games

#### Underwater Skills

- Submerge mouth, nose and eyes
- Blowing bubbles on and in water
- Underwater passes (optional)
- Attempt to open eyes underwater
- Attempt to recover object from bottom of pool or steps

#### Swimming Skills

- Front glide - assisted
- Back glide - assisted
- Kicking on front - assisted
- Kicking on back - assisted
- Combined arm and leg actions on front
- Combined arm and leg actions on back

#### Safety Skills

- Basic water safety rules review
- Sun safety
- Recognizing lifeguards
- Wearing a PFD in the water
- Reaching assists





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### Seahorse

#### Entries and Exits

- Jump into shallow water - assisted
- Enter and exit shallow water

#### Surface Skills

- Front float - assisted (3-5 sec.)
- Back float - assisted (3-5 sec.)

#### Underwater Skills

- Rhythmic breathing (bobs) (3 times)
- Open eyes underwater

#### Swimming Skills

- Front glide - assisted (3-5m)
- Back glide - assisted (3-5m)
- Swim with buoyant object (5 sec.)
- Kicking on front - assisted (3-5 sec.)
- Kicking on back - assisted (3-5 sec.)

#### Safety Skills

- Basic water safety rules review
- Recognizing lifeguards
- Wearing a PFD in the water
- Sun safety
- Recognizing an emergency
- How to call for help



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### Entries and Exits

- Jump into shallow water - unassisted
- Enter and exit shallow water - unassisted

### Surface Skills

- Front float with an aid
- Back float with an aid
- Roll from back to front - assisted
- Roll from front to back - assisted
- Treading water with arm and hand actions - assisted

### Underwater Skills

- Rhythmic breathing (bobs) (5 times)
- Open eyes underwater and retrieve submerged object

### Clownfish

#### Swimming Skills

- Change direction in shallow water - assisted
- Front glide - assisted (5m)
- Back glide - assisted (5m)
- Kicking on front with aid (5m)
- Kicking on back with aid (5m)
- Alternating and simultaneous arm actions on front
- Alternating and simultaneous arm actions on back

#### Safety Skills

- Float wearing PFD - unassisted
- Recognizing an emergency
- How to call for help
- Stop, Look, Ask!



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### Dolphin

#### Entries and Exits

- Jump into deep water - assisted

#### Surface Skills

- Tread water using arm and leg actions
- Front float (5 sec.)
- Back float (5 sec.)
- Roll from back to front
- Roll from front to back

#### Underwater Skills

- Rhythmic breathing (bobs) (10 times)
- Open eyes underwater and retrieve submerged object

#### Swimming Skills

- Combined arm and leg actions on front and back
- Front glide (3-5m)
- Back glide (3-5m)
- Kicking on front (3m)
- Kicking on back (3m)
- Change direction in shallow water
- Side glide (3m)
- Front glide to Side glide (5m)
- Distance swim (5m)

#### Safety Skills

- Recognizing an emergency
- How to call for help
- Stop, Look, Ask!



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### Shark

#### Entries and Exits

- Jump into deep water

#### Surface Skills

- Tread water (15sec.)
- Change direction in deep water
- Finning action on back
- Tuck float

#### Underwater Skills

- Rhythmic breathing (bobs) (15 times)
- Open eyes underwater and retrieve submerged object

#### Swimming Skills

- Front glide with kick (5m)
- Back glide with kick (5m)
- Side glide with kick (5m)
- Front stroke (5m)
- Backstroke (5m)
- Dolphin kick - assisted (3-5m)
- Distance swim (10m)

#### Safety Skills

- When and where to swim
- Reaching assists
- Recognizing an emergency
- How to call for help