**FIRST LEVEL SWIMMERS CHECKLIST**

**I. Freestyle**

**Kick:**

1. Able to kick continuously without stopping.         4    3    2    1

2. Keeps legs and toes pointed.        4    3    2    1

**Breathing:**

1. Alternates exhaling under water and inhaling above

water every 1-2 seconds.     4    3    2    1

**Stroke:**

1. Can "stroke" with both arms.     4    3    2    1

**II. Swimming under water**

**Submersion:**

1. Able to submerge entire body under water 4    3    2    1

2. Can pick up object from bottom of pool with hand. 4    3    2    1

**Legend:**

4 = All of the time  3 = Most of the time  2 = Some of the time  1 = Not often

**INTERMEDIATE LEVEL SWIMMERS CHECKLIST**

**I. Freestyle**

Stroke:

1. Reaches with both arms evenly when performing the freestyle stroke.     4    3    2    1

Kick:

1. Performs a continuous flutter kick without stopping.     4    3    2    1

2. Keeps knees and feet straight.                                        4    3    2    1

Breathing:

1. Turns head to the side to inhale.     4    3    2    1

Head position:

1. Maintains forehead submerged when exhaling.     4    3    2    1

**II. Breast stroke**

**Stroke:**

1. Both hands enter water in front with palms together. 4    3    2    1

2. Pulls with both hands at same time. 4    3    2    1

**Kick:**

1. Half circle kick with legs at same time. 4 3 2 1

**Head position:**

1. Tuck head between arms as reaching forward. 4 3 2 1

**Breathing:**

1. Breathes as hands pull. 4 3 2 1

**Legend**

4 = All of the time. 3 = Most of the time. 2 = Some of the time. 1 = Not often.

**ADVANCED SWIMMERS CHECKLIST**

**I. Freestyle**

**Stroke:**

1. Arm exits water and forms a 90 degree angle. 4 3 2 1

2. Both arms extend completely out in front. 4 3 2 1

3. “S” pull towards the hips. 4 3 2 1

**Kick:**

1. Continuous sprint flutter kick. 4 3 2 1

2. Legs stay straight. 4 3 2 1

**Head position:**

1. Forehead just below water surface. 4 3 2 1

**Breathing:**

1. Head turns 90 degrees to side when breathing. 4 3 2 1

2. Can perform “bilateral breathing” (see below) 4 3 2 1

**Legend**

4 = All of the time. 3 = Most of the time. 2 = Some of the time. 1 = Not often.

“Bilateral breathing” means to be able to breathe on both sides. If you only breathe on one side, you could swim in arcs and not in a straight line. You also can not see your competitors on your blind side if racing. Lastly, over time, it could cause scoliosis (a lateral curvature of the spine).

**II. Breast stroke**

**Stroke:**

1. Both hands enter water in front with palms together. 4 3 2 1

2. Half circle pull with hands. 4 3 2 1

3. Palms in “prayer position” at chest after pull. 4 3 2 1

**Kick:**

1. Half circle kick with legs at same time. 4 3 2 1

2. Feet at 45 degrees when preparing to kick. 4 3 2 1

**Head position:**

1. Tuck head between arms as reaching forward. 4 3 2 1

**Breathing:**

1. Breathes as hands pull. 4 3 2 1

**Legend**

4 = All of the time. 3 = Most of the time. 2 = Some of the time. 1 = Not often.

**Pool etiquette and Safety**

**I. Pool Etiquette:**

1. Follows instructions (teacher’s and/or life guard’s). 4 3 2 1

2. Does not run on the pool deck. 4 3 2 1

3. Does not splash other students. 4 3 2 1

**II. Safety:**

1. Safely exits water. 4 3 2 1

2. Safely enters water. 4 3 2 1