

Typhoon Checklist  
Please complete this form for each Typhoon

Swimmer's Name \_\_\_\_\_ Age as of 6/1/2010 \_\_\_\_\_

Has your child had formal swim lessons before? \_\_\_\_\_ If yes, for how long? \_\_\_\_\_

We ask that you review this checklist to determine if your child is ready to become a Typhoon

- \_\_\_\_\_ Climbs into water (assisted)
- \_\_\_\_\_ Climbs into water (unassisted)
- \_\_\_\_\_ Blows bubbles
- \_\_\_\_\_ Puts face in water
- \_\_\_\_\_ Submerges under water
- \_\_\_\_\_ Can hold breath for 5 – 10 seconds
- \_\_\_\_\_ Rhythmic breathing with no arm movement 5 times
- \_\_\_\_\_ Opens eyes under water
- \_\_\_\_\_ Bob (inhale through mouth, exhale through nose) 5 – 10 times
- \_\_\_\_\_ Jumps into shallow water (assisted)
- \_\_\_\_\_ Jumps into shallow water (unassisted)
- \_\_\_\_\_ Can float on stomach (assisted)
- \_\_\_\_\_ Can float on stomach (unassisted)
- \_\_\_\_\_ Can float on back (assisted)
- \_\_\_\_\_ Can float on back (unassisted)
- \_\_\_\_\_ Flutter kick with help from the instructor
- \_\_\_\_\_ Flutter kick holding a kick-board (unassisted)
- \_\_\_\_\_ Jump into deep water to instructor
- \_\_\_\_\_ Jump into deep water to instructor and stomach glide with kick back to wall
- \_\_\_\_\_ Back kick with the instructor
- \_\_\_\_\_ Back glide with kick (unassisted)
- \_\_\_\_\_ Can “swim” width of pool unassisted