

Level 1 - Turtle

Name:					
Balance	I can float on my back with assistance	I can float on my back by myself	I have started to glide on my back	I can float on my stomach with assistance	I can do a streamline glide on my stomach with support
Kicking	I can do flutter kick up and down the pool with a supported start		I can do flutter kick on the barbell by myself (both front and back)	I can do flutter kick with my face in the water for 5 yards	
Underwater Swimming	I can dive for rings with assistance		I can dive for rings at the bottom of the pool by myself		I can swim from the wall to the flags underwater by myself (I can sink, push, and kick)
Safety Skills	I can "bob" to safety	I can get out of the pool by myself (no ladder)	I can float on my back by myself	I can hold the wall and walk my hands to a ladder	Notes:

Level 2 - Minnow

Name:						
Balance	I can float on my back by myself	I have started to glide on my back	I can float on my stomach by myself	I can do a streamline glide on stomach with support	I can do a streamline glide on my stomach by myself	I can float and kick on my back 15 yards by myself
Kicking	I can kick with proper body position, with my face in the water, for 5 yards	I can do flutter kick up and down the pool with a supported start	I can do flutter kick on the barbell by myself (both front and back)		I can kick for 5 yards, pop up for a breath, and go back to proper body position for a total of 15 yards by myself	
Underwater Swimming	I can dive for rings with assistance		I can dive for rings without assistance		I can swim from the wall to the flags underwater by myself (I can sink, push, and kick)	
Safety Skills	I can "bob" to safety		I can float on my back by myself		Notes:	

Level 3 - Porpoise

Name:					
Kicking	I can kick for 5 yards, pop up for a breath, and go back to proper body position for a total of 15 yards by myself		I can kick in a streamline on my back with assistance	I can kick in a streamline on my back by myself	I can kick with my hands at my sides in Superman position by myself
Backstroke	I can push off underwater on my back from a ready position	I can do backstroke arms and kick with assistance		I can swim 15 yards of backstroke by myself	
Freestyle	I can push off underwater on my stomach from a ready position	I can do side kick with one arm on the barbell and the other by my side	I can take freestyle strokes and kicks on the wall, while practicing side breathing	I can side breathe and do freestyle arms with a barbell or kickboard	I can swim 15 yards of freestyle by myself
Safety Skills	I can float and kick on my back by myself for 15 yards		I can "bob" to safety	Notes:	

Level 4 - Dolphin

Name:					
Backstroke	I can swim 15 yards of backstroke with proper body position	I can count my strokes from the flags to the wall		I can swim 15 yards of backstroke with good tempo and acceleration through my strokes	
Freestyle	I can swim 15 yards of freestyle with proper body position and side breathing	I can swim 15 yards of freestyle with good tempo and acceleration through my strokes		I can swim 15 yards of freestyle and count my strokes	Notes:
Breaststroke	I can kick breaststroke properly with a kickboard	I can kick breaststroke and glide for 15 yards	I can do I-Y scoop and shoot arms with flutter kicks	I am working on my timing (pull, breathe, kick, glide)	

Level 5 - Shark

Name:					
Backstroke	I can swim 15 yards of backstroke with proper body position		I can swim 25 yards of backstroke by myself	I can do a proper underwater breakout	I can do a fast finish with a proper stroke count
Freestyle	I can swim 15 yards of freestyle with proper body position and side breathing	I can swim 25 yards of freestyle by myself	I can do a proper underwater breakout	I can do a fast finish without breathing from the flags to the wall	
Breaststroke	I can swim 15 yards of breaststroke with proper body position	I can swim 25 yards of breaststroke by myself	I can do a proper underwater pullout and breakout	I can do a proper fast two-hand finish	
Butterfly	I can do a body roll kick with a full body motion	I can do butterfly kick with breaths	I can do butterfly arms with a diamond pull	I can swim 15 yards of butterfly by myself	
Turns	I can do a somersault underwater	I can do a flip at the T near the wall	I can do a freestyle/backstroke flipturn and push off the wall in streamline	Open turn - two hand touch, elbow, hand, push into a streamline	Notes:
Dives	I can dive from a push in a sitting position, with my feet flat on the wall and my hands in streamline	I can dive from a kneeling position with my hands in streamline	I can dive from a standing position with my hands in streamline and knees bent	I can dive from the side of the pool in proper competitive position	