

# Aquatot 1

Student:

Instructor:

**LEGEND:**    \*:Critical skill    1: Perfect    2: Mostly    3: Almost    4: With help

## Skills for Parents

Infant first aid for: airway obstruction, rescue breathing, CPR\*

Entering and exiting the water safely with your child\*

Hug position for comfort

Back-to-chest position for comfort

Face-to-face hold (promotes mimicry)\*

Dunking\*

Head-on-shoulder support for back float\*

Armpit support for front float\*

Arm stroke to promote reaching and arm movement\*

Back support for back float\*

Selection and proper fitting of Personal Floatation Devices (lifejackets)\*

## Skills for Infants 6-18 months

Blowing bubbles (promotes breathing out with face in water)

Rolling over from front to back (promotes back floating)

Supported kicking on front\*

Supported kicking on back\*

Reaching/arm stroke (promotes arm movement for locomotion)

Introduction to rhythmic breathing (promotes bobbing to safety)

Instructor Notes:

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Registration Recommendation:

Date:

(\*must be at least 3 years old to register for Aquatot 2)

# Aquatot 1.5

Student:

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## Skills for Parents

Child first aid for: airway obstruction, rescue breathing, CPR\*

Entering and exiting the water safely with your child\*

Chest support for front float, kicking, and arm stroke\*

Dunking\*

Selection and proper fitting of Personal Floatation Devices (lifejackets)\*

## Skills for Toddlers 18 months-3 years

Seated entry — scooting in to water

Jumping in from side\*

Independent movement—walking in water\*

Supported kicking on front\*

Supported kicking on back\*

Supported front glide\*

Supported back glide\*

Arm movement on front\*

Arm movement on back\*

Water exit\*

Blowing bubbles (promotes breathing out with face in water)\*

Rhythmic breathing (promotes bobbing to safety)\*

Instructor Notes:

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(\*must be at least 3 years old to register for Aquatot 2)

# Aquatot 2

Student:

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**LEGEND:**    \*:Critical skill    1: Perfect    2: Mostly    3: Almost    4: With help

## Skills for Students

Enter water safely from the steps and side	
Blow bubbles using nose and mouth (promotes breathing out with face in water)*	
Rhythmic breathing — promotes bobbing to safety*	
Bob — chin level	
Bob — head submerged*	
Open eyes under water	
Supported front float*	
Supported back float*	
Supported front glide*	
Supported back glide*	
Arm movement while walking in water	
Supported arm movement on front*	
Supported arm movement on back*	
Roll over from front to back (promotes using back float/stroke when tired)*	

## Personal Safety

Know pool and class safety rules — it takes two to enjoy the water. Always swim with an adult or lifeguard around*	
Movement along the wall (monkey crawl) to stairs/ladder and exit pool*	
Bob to safety in deeper water (safely reaching shallow water after a fall-in) — 2 yards*	

Instructor Notes:

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Date:

# Aquatot 3

Student:

Instructor:

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## Skills for Students

Independent water entry and exit*	
Fully submerge without plugging/holding nose (blowing bubbles through nose)*	
Rhythmic breathing (breathing in above water and out under water) 5-10 times*	
Retrieve objects under water with eyes open*	
Front float — unsupported*	
Back float — unsupported*	
Locomotion through water using arms and kick on front*	
Locomotion through water using arms and kick on back*	
Elementary backstroke (face-up water survival)*	
Rolling over front to back (promotes using back float/stroke when tired)*	
Front glide with flutter kick — legs straight, toes pointed, streamlined position*	
Back glide with flutter kick — legs straight, toes pointed, streamlined position*	
Front crawl arms — elbows bent on recovery, fingers together, full extension*	

## Personal Safety

Know pool and class safety rules — it takes two to enjoy the water. Always swim with an adult or lifeguard around*	
Personal Floatation Device (lifejacket) use*	
Safe places to swim — Pools, beaches, and lakes with a lifeguard or responsible adult watching. Never swim alone, and never swim in rivers or canals*	
Bob to safety in water over own height (safely reaching shallow water after a fall-in) — 5 yards*	

Instructor Notes:

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# Water Acclimation

Student:

Instructor:

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## Skills for Students

Independent water entry and exit — willing to participate in class activities\*

Fully submerging without plugging/holding nose (blowing bubbles through nose)\*

Rhythmic breathing (breathing in above water and out under water)\*

Retrieve objects under water with eyes open\*

Front float — unsupported\*

Back float — unsupported\*

Locomotion through water using arms and kick on front\*

Locomotion through water using arms and kick on back\*

Elementary backstroke (face-up water survival)\*

Rolling over front to back (promotes using back float/stroke when tired)\*

Front glide with flutter kick — legs straight, toes pointed, streamlined position\*

Back glide with flutter kick — legs straight, toes pointed, streamlined position\*

Front crawl arms — elbows bent on recovery, fingers together, full extension\*

Treading water — keep head above water to locate safety/call for help\*

## Personal Safety

Know pool and class safety rules — it takes two to enjoy the water. Always swim with an adult or lifeguard around\*

Personal Floatation Device (lifejacket) use\*

Safe places to swim — Pools, beaches, and lakes with a lifeguard or responsible adult watching. Never swim alone, and never swim in rivers or canals\*

Bob to safety in water over own height (safely reaching shallow water after a fall-in)

Jump in water over own height, tread water 30 seconds, level off from a vertical position, and swim 10 yards using any stroke/motion

Instructor Notes:

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Date:

Student:

Instructor:

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## Skills for Students

Bob to safety — 10 yards (exhaling underwater, not plugging/holding nose)*	
Jump in to water deeper than height and return safely to wall without assistance*	
Treading water and sculling on back*	
Front crawl with face in water — 10 yards:*	
Front crawl arm stroke — elbow bent on recovery, fingers together, reach and pull	
Flutter kick — knees straight, toes pointed, fast vertical kicks at/near the surface	
Body position horizontal, face down, exhaling with face in the water	
Roll to back for rest from front crawl, continuing forward progress (back crawl, sculling, elementary backstroke)*	
Back crawl — 10 yards*	
Back crawl arm stroke — elbow straight on recovery, thumb out, pinky in, reach and pull	
Flutter kick — knees straight, toes pointed, fast vertical kicks at/near surface	
Body position horizontal, eyes open, breathing	
Elementary backstroke — 25 yards*	

## Personal Safety

Know pool and class safety rules — it takes two to enjoy the water. Always swim with an adult or lifeguard around*	
Personal Floatation Device (lifejacket) use*	
Reach or throw, don't go!	
Staying at the surface using any method (swimming, treading, sculling or floating for rest)*	
Jump in water over own height, tread water 30 seconds, level off from a vertical position, and swim 10 yards using any stroke/motion without assistance*	

Instructor Notes:

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Registration Recommendation:

Date:

# Waterworks 2

Student:

Instructor:

**LEGEND:**    **\*:Critical skill**    **1: Perfect**    **2: Mostly**    **3: Almost**    **4: With help**

## Skills for Students

<b>Front crawl — 25 yards without stopping using proper technique:*</b>	
Rotary breathing — breathing to the side maximizes efficiency and increases endurance*	
Arm stroke — reach and pull, full extension, elbow bent on recovery	
Flutter kick — knees straight/minimal flex, toes pointed, powerful vertical kick	
<b>Back crawl — 25 yards without stopping using proper technique:*</b>	
Body position — horizontal at the surface, using kick to maintain position, head still	
Arm stroke — rotation from side-to-side, reach and pull, arm straight on recovery, thumb out,	
Flutter kick — knees straight/minimal flex, toes pointed, powerful vertical kick	
<b>Swim 50 yards without stopping using any combination of strokes/techniques/rest*</b>	
Breaststroke arms — strong pull, hands inside elbows, only pulling to chest*	
Breaststroke (whip) kick — hips level, feet rotate around knees, powerful “snap” together*	
Sidestroke arms — reach and pull, reach and push*	
Sidestroke kick — scissor kick (top leg forward, bottom leg back), powerful “snap” together*	
Jump from diving board and swim to wall using any stroke*	
Standing front dive from wall	

## Personal Safety

Know pool and class safety rules. Know diving area rules — it takes two to enjoy the water. Always swim with an adult or lifeguard around*	
Personal Floatation Device (lifejacket) use*	
Reach or throw, don't go!	
Staying at the surface using any method (swimming, treading, sculling or floating for rest)*	
Jump in water over own height, tread water 1 minute, level off from a vertical position, and swim 25 yards using front crawl with rest on back*	

Instructor Notes:

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Registration Recommendation:

Date:

# Waterworks 3

Student:

Instructor:

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## Skills for Students

### Front crawl — 50 yards without stopping using proper technique:\*

Rotary breathing — 3 strokes per breath, breathing on both sides, head on arm

Arm stroke — reach and pull, full extension, elbow bent and kept high on recovery

Flutter kick — knees straight/minimal flex, toes pointed, powerful vertical kick

### Back crawl — 50 yards without stopping using proper technique:\*

Body position — horizontal at surface, use kick to maintain position, head still and back

Arm stroke — rotation from side-to-side, reach and pull, arm straight on recovery, arm to ear on entry, thumb out, pinky in

Flutter kick — knees straight/minimal flex, toes pointed, powerful vertical kick

### Breaststroke — 25 yards without stopping using proper technique:\*

Timing — Pull, breathe, kick, glide

Arm stroke — strong pull, hands inside elbows, only pulling to chest

Breaststroke (whip) kick — hips level, feet rotate around knees, powerful “snap” legs together

### Sidestroke — 25 yards without stopping using proper technique:\*

Body position — at surface, gliding between strokes, head facing backward

Arm stroke — full extension forward and back, reach and pull, reach and push

Scissor kick — full extension of legs (top) forward and (bottom) back, “snap’ together

### Butterfly arms — roll shoulders and arms over, “keyhole” pull, recovery

### Butterfly (dolphin) kick — full-body kick, feet and knees together, power on down- and up-stroke

### Standing front dive from diving board\*

### Surface dives in deep water — feet first, pike-position\*

### Jump in water over own height, tread water 1 minute, level off from a vertical position, and swim 25 yards using front crawl\*

Instructor Notes:

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Registration Recommendation:

Date:

# Waterworks 4

Student:

Instructor:

**LEGEND:**    \*:Critical skill    1: Perfect    2: Mostly    3: Almost    4: With help

## Skills for Students

### Front crawl — 100 yards without stopping using proper technique:\*

Rotary breathing — 3 strokes per breath, breathing on both sides, head on arm, 1 eye wet

Arm stroke — reach and pull, full extension, elbow bent and kept high on recovery

Flutter kick — knees straight/minimal flex, toes pointed, powerful vertical kick

### Back crawl — 100 yards without stopping using proper technique:\*

Body position — horizontal at surface, use kick to maintain position, head still and back

Arm stroke — rotation from side-to-side, reach and pull, arm straight on recovery, arm to ear on entry, thumb out, pinky in

Flutter kick — knees straight/minimal flex, toes pointed, powerful vertical kick

### Breaststroke — 50 yards without stopping using proper technique:\*

Timing — Pull, breathe, kick, glide

Arm stroke — strong pull, hands inside elbows, only pulling to chest

Breaststroke (whip) kick — hips level, feet rotate around knees, powerful “snap” legs together

### Sidestroke — 50 yards without stopping using proper technique:\*

Body position — at surface, gliding between strokes, head facing backward

Arm stroke — full extension forward and back, reach and pull, reach and push

Scissor kick — full extension of legs (top) forward and (bottom) back, “snap’ together

### Butterfly — 25 yards using proper technique:

Body position — vertical body movement, head down, timing

Arm stroke — roll shoulders and arms over, “keyhole” pull, recovery

Dolphin kick — full-body kick, kick hands in to water, kick hands out of water

### Tread water for 2 minutes\*

### Swim 250 yards using any stroke/technique without stopping\*

Introduction to competitive turns at the wall — open turns for all strokes, flip turns for crawl strokes

Instructor Notes:

Registration Recommendation:

Date:

Student:

Instructor:

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## Skills for Students

Freestyle (front crawl) using proper technique — 10x100 on 3:00	
Backstroke (back crawl) using proper technique — 10x100 on 3:30	
Breaststroke using proper technique — 10x50 on 2:30	
Butterfly using proper technique — 10x50 on 2:30	
200 Individual medley (butterfly, backstroke, breaststroke, freestyle) — untimed	
20x100 choice (mixed strokes) — untimed	
1000 choice (mixed strokes) — untimed	
Open turns for breaststroke and butterfly	
Flip turns for freestyle and backstroke	
Tread water for 5 minutes	
Retrieve objects from deep water using surface dives (feet-first or pike-position)	
Starting dive (long, shallow dive) from side or starting blocks	
<b>Pre-Springboard Diving Skills:</b>	
Standing front dive from side	
Front dive from diving board	
Back dive from diving board	
Hurdle/approach on diving board	
<b>Pre-Junior Lifeguard Skills:</b>	
Reaching assists	
Compact jump and approach stroke	
Front Drive	
Rear Hug	
Duck Pluck	
Unconscious Guest in Distress rescue and in-water care	
CPR and Rescue Breathing Demonstration	

Instructor Notes:

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Date:

# Springboard Diving

Student:

Instructor:

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## Skills for Students

Basic hurdle — lunge, hurdle, jump	
Jump entry — arms together above head, eyes forward, legs straight and together, toes pointed	
Back approach — Set position, “T” position, “Y” position, circle arms and push	
Rip entry — arms locked above head, hands together, palms up, open hands and pull down on entry	
5-step approach	
Front jump (tuck) — 5-step approach, tuck position, jump entry	
Front fall-in — chin tucked, rip entry, bend at waist, straighten legs in the air	
Back fall-in (standing) — back approach, head up, look up and bend back, rip entry, stretch for water, straighten legs in the air	
Back fall-in (tuck) — back approach, look up and fall, rip entry, straighten legs in the air	
Front dive (straight) — 5-step approach, rip entry, chin down, back and legs straight	
Front dive (tuck) — 5-step approach, throw arms in to tuck position, look at bottom of pool, rip entry, straighten legs and kick up	
Front dive (pike) — 5-step approach, throw arms in to pike position, look at bottom of pool, rip entry, straighten legs and kick up	
Front somersault — 5-step approach, throw arms in to tuck position, look forward, straighten, bring arms to sides before entering water	
Back dive (straight) — back approach, head up, look up and bend back, rip entry, stretch for water, straighten legs in the air	
Back dive (tuck) — back approach, look up and fall, rip entry, straighten legs in the air	
Back dive (pike) — back approach, kick legs to hands, reach for water, straighten in the air, rip entry	
Back somersault — back approach, knees to chest, full rotation, reach for water, straighten in the air	
Inward dive — back approach, throw hands to feet, straighten legs and kick up, rip entry	
Reverse — 5-step approach, head up, look back, knees to chest, full rotation, straighten legs in the air	
Diving area and class rules and personal safety, fulcrum safety, spinal injury recognition and management	
Stretching and warmup — how and why?	

Instructor Notes:

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# Junior Lifeguards

Student:

Instructor:

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## Skills for Students

Professionalism and respect on the lifeguard team	
Scanning, recognition, and the 10/20 protection standard	
<b>Conscious Guest in Distress Rescues:</b>	
Rescues v. assists	
Compact jump and approach strokes	
Front Drive and modifications	
Rear Hug	
Two-guard rescue	
Duck Pluck	
Submerged	
<b>Unconscious Guest in Distress Rescues:</b>	
Unconscious Rear Hug	
Unconscious Duck Pluck	
Unconscious Submerged	
In-water care and rapid extrication	
<b>Spinal Motion Restriction:</b>	
Recognition and ease-in entry	
Vise Grip (overarm, underarm) and Squeeze Play	
Backboarding and extrication	
Post-spinal extrication care	
<b>Basic Life Saving Skills:</b>	
Standard precautions — scene safety and personal protective equipment	
Assessing for pulse and breathing	
Foreign Body Airway Obstruction care for adults, children and infants (conscious and unconscious)	
Opening airway and rescue breathing for adults, children, and infants	
Supplemental Oxygen Support — Bag Valve Mask, Non-rebreather mask	
CPR and Automated External Defibrillator use for adults, children, and infants	
<b>Basic First Aid</b>	

Instructor Notes:

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