

SEA SERPENTS

NAME: _____

I can do all of these things:

- _____ Jelly fish float (5 seconds)
- _____ Back Float (15 seconds)
- _____ Tuck Float (15 seconds)
- _____ Front glide (2 body lengths)
- _____ Back glide (2 body lengths)
- _____ Swim on front (15 feet)
- _____ Swim on back (15 feet)
- _____ Fining arm action on back (10 feet)
- _____ Roll over from front to back
- _____ Roll over from back to front

I also learned these safety skills:

- _____ When to yell for help
- _____ Throw a floating object
- _____ Put on a lifejacket alone
- _____ Water Safety Rules

Exit Skills:

- _____ Step from side into chest deep water, move into a front float for 5 seconds, roll to back, float for 5 seconds then return to a vertical position.
- _____ Move into a back float for 5 seconds, roll to front then recover to a vertical position.
- _____ Push off and swim using a combined arm and leg actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to front then continue swimming for 5 body lengths. (You can assist the child when taking a breath)

Instructor: _____ Date: _____