

WATER BUGS

NAME: _____

I can do all of these things with a barbell or "bubble":

- ___ Front float (5 seconds) with support
- ___ Back float (5 seconds) with support
- ___ Alternating arm action on front and back with support (5 feet)
- ___ Simultaneous arm action on front and back with support (5 feet)
- ___ Kicking with support alternating leg action on front and back
- ___ Kicking with support simultaneous leg action on front and back
- ___ Roll over from front to back with support
- ___ Roll over from back to front with support
- ___ Combined stroke on front with support (5 feet)
- ___ Combined stroke on back with support (5 feet)
- ___ Jump into chest deep water from side and climb out (alone)
- ___ Submerge whole head for 5 seconds
- ___ Bob 5 times blowing bubbles
- ___ Retrieve an object in chest deep water (two times)

I also learned these safety skills:

- ___ When to yell for help
- ___ Throw a floating object
- ___ Jump in water with a lifejacket
- ___ Float with a lifejacket for 1 minute

Instructor: _____ Date: _____