

<i>Student Name</i>	<i>CAMP NAME</i>	<i>Level Started</i>	<i>Level Finished</i>
SPLASHERS - LEVEL 1	FLOATERS - LEVEL 2	KICKERS - LEVEL 3	STREAMLINERS - LEVEL 4
___ Submersion	___ Independent Launch	___ Kick on the Back	___ Streamline roll to Streamline
___ Assisted Launch	___ Independent Back Float	___ Kick on the Front	___ Side Kick
___ Assisted Back Float	___ Independent Roll	___ Kick -- Roll -- Kick	___ Side Kick roll to Stomach Rotation
___ Assisted Roll Over	___ Kick, Kick, Kick	___ Streamline Kick on Back	___ Streamline to Side Kick
___ Assisted Kick Kick Kick	___ Independent launch, kick kick kick	___ Streamline Kick on Front	___ One Big Arm, Roll to Side
	___ Jump and Float	___ Monkey -- Airplane -- Rocket	___ Catch up Stroke
	___ Survival Test 1	___ Independent Swim 15 yds	___ One Arm Backstroke
		___ SURVIVAL TEST 2	___ Double Arm Backstroke Pull
			___ Backstroke switch
			___ Assisted Breastroke Kick
			___ Assisted Dolphin Kicks
			___ Diving Skills

Student Name

CAMP NAME

Level Started

Level Finished

FREESTYLERS - LEVEL 5

Freestyle

- ___ Review Rotation Drill from Streamliners
- ___ One arm pulls w/opposite arm down
- ___ One arm pulls w/opposite arm up
- ___ Superman Catch Up
- ___ 6 count Switch
- ___ Full Freestyle Stroke

Backstroke

- ___ Streamline Kick
- ___ 6 count side kick rotation
- ___ One arm pull with rotation
- ___ Backstroke swim w/2 count pause
- ___ Full Backstroke

Breaststroke

- ___ Wall breaststroke kick
- ___ Kick with the board
- ___ Streamline position kick ___ front ___ back
- ___ Kick, arms at the side
- ___ Basic front skull with flutter kick

Butterly

- ___ Body Dolphin, arms at the side
- ___ Butterfly arms with flutter kick

FLYERS - LEVEL 6

Freestyle

- ___ 6 Count side kick with arm pit drill
- ___ One arm pull, arm pitt drill, w/opposite arm down
- ___ One arm pull, arm pitt drill, w/opposite arm up
- ___ Superman catch up with arm pitt drill
- ___ Swim, breathing alternate sides

Backstroke

- ___ Kick with one arm above the water
- ___ Streamline kick with a foreign object on forehead
- ___ Double arm pull to glide

Breaststroke

- ___ Kick w/board and pull buoy
- ___ Breaststroke pull with flutter kick
- ___ Breaststroke pull w/pull buoy
- ___ Glide drill
- ___ One pull 2 kicks drill
- ___ Pull -- Kick -- Glide

Butterfly

- ___ One arm butterfly drill
- ___ 3 kick and a pull drill
- ___ 2 right, 2 left, 2 full stroke drill
- ___ Full Butterfly