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CONTINUOUS EVALUATION

The program features a system of continuous evaluation, which the instructors assess their students individually step-by-step, during the entire session. Once the participant has completed the minimum standard for an item, work can begin on new, more challenging skills.

For more information regarding programs, please contact your local pool:
Palmer 861-7670 Wasilla 861-7680

PLEASE RETURN THIS CARD TO YOUR NEXT INSTRUCTOR TO ASSIST IN FUTURE EVALUATIONS. THANK YOU

**MATANUSKA-SUSITNA BOROUGH
RECREATIONAL SERVICES**

**AQUATIC
PROGRAM**
PERSONAL PROGRESS CARD

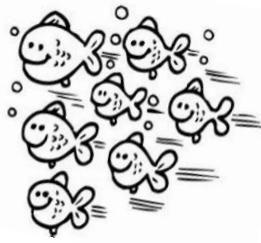
Preschool 3 - 5 Years old



NAME: _____

Please Return This Card To The Next Instructor

- =Skill Shown
- =Skill Almost Achieved
- =Skill Achieved



Preschool 1

***Skills preformed with support**

-]Water entry/exit
-]Blow bubbles, **3 sec.**
-]Submerge mouth, nose & eyes
-] Open eyes under water & retrieve Submerged objects
-]Front glide **2 body lengths**
-]Recover from front glide
-]Back glide **2 body lengths**
-]Back float **3 sec.**
-]Recover from back float or glide
-]Roll from front to back
-]Roll from back to front
-] Arm and hand treading actions
-]Alternating arm & leg action on front, **2 body lengths**
-]Simultaneous arm & leg action on front, **2 body lengths**
-]Combined arm & leg action On front, **2 body lengths**
-]Alternating arm & leg action On back, **2 body lengths**
-] Simultaneous arm and leg action On back, **2 body lengths**
-] Combined arm & leg action on back, **2 body lengths**
-] Staying safe around water
-] Recognizing Lifeguard
-] Don't just pack it, wear your jacket
-] Recognize an emergency
-] How to call for help
-] Too much sun is no fun
-] Exit skill test #1
-] Exit skill test #2

Preschool 2

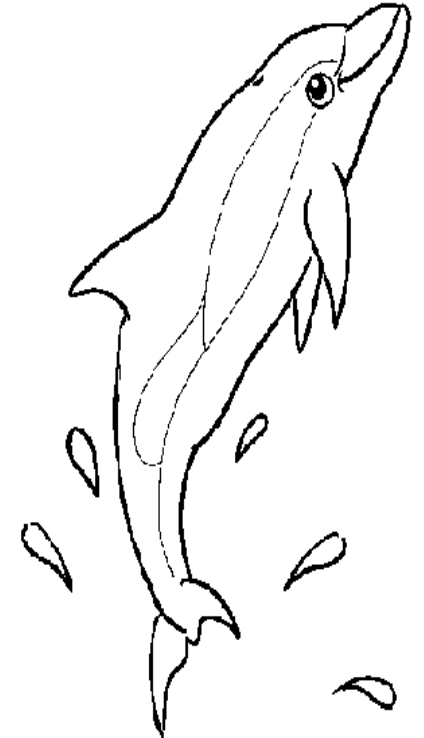
***Skills preformed with some support**

-]Water entry/exit
-]5 bobs with bubbles
-] Open eyes under water & retrieve Submerged objects
-] Front glide, **2 body lengths**
-] Front float, **3 sec.**
-] Recover from a front float or glide To a vertical position
-] Back glide, **2 body lengths**
-] Back float, **5 sec.**
-] Recover from a back float or glide To a vertical position
-] Roll from front to back
-] Roll from back to front
-]Tread water **15 sec.**
-]Combined arm and leg action On front, **3 body lengths**
-] Finning arm action on back, **3 body lengths**
-] Combined arm and leg actions On back, **5 body lengths**
-]Staying safe around the water
-]Recognizing the Lifeguards
-]Don't just pack it, wear your jacket
-]Recognizing an emergency
-]How to Call for help
-]Too much sun is no fun
-] Exit skill test #1
-] Exit skill test #2
-]Exit skill test #3

Preschool 3

***Skills preformed independently**

-]Jump into shoulder deep water
-]Hold breath under water, **10 sec.**
-]10 bobs
-]Rotary breathing **5 times**
-]Front, Jelly fish & Tuck floats **10 sec.**
-]Recover from a front float or glide To a vertical position
-]Back glide **3 body lengths**
-]Back float **15 sec.**
-]Recover from a back float or glide To a vertical position
-] Change directions, front or back
-]Tread water **30 sec.**
-]Combined arm and leg action On front, **5 body lengths**
-]Finning arm action on back, **5 body lengths**
-]Combined arm and leg actions On back, **5 body lengths**
-] The danger of drains
-] Don't just pack it, wear your jacket
-]Recognizing an emergency
-] How to call for help
-] Too much sun is no fun
-] Look before you leap
-] Think so you don't sink
-] Reach or throw, Don't go
-] Exit skill #1
-] Exit skill #2
-] Exit skill #3



When I turn 6 years old...

- If I've passed... I go to...
- Preschool 1.....Youth Level 2
 - Preschool 2.....Youth Level 2
 - Preschool 3.....Youth Level 3

