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**CONTINUOUS EVALUATION**

The program features a system of continuous evaluation, which 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

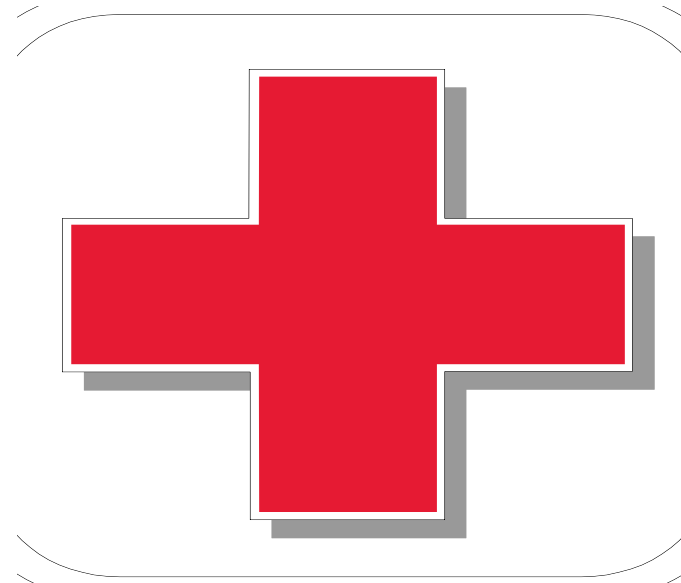
***IT'S THE LAW***

All children under the age of 13 must wear a Personal Flotation Device (PFD) at all times when on a dock or open boat.

**MATANUSKA-SUSITNA BOROUGH  
RECREATIONAL SERVICES**

**AQUATIC  
PROGRAM**  
PERSONAL PROGRESS CARD

**YOUTH 6 YRS - & UP**



**NAME:** \_\_\_\_\_

**Please Return This Card To The Next Instructor**

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

#### LEVEL 1

- ]Water entry/exit
- ] Blow bubbles, **3 sec.**
- ]Bobbing, **5 times**
- ]Open eyes under water & retrieve Submerged objects
- ]Front glide, **2 body lengths**
- ]Recover from front float or glide
- ]Back glide **2 body lengths**
- ]Back float **5 sec supported**
- ]Recover from back float or glide
- ]Roll from front to back
- ] Roll from back to front
- ]Arm and hand treading action
- ] Alternating arm and leg action  
On front, **2 body lengths**
- ]Simultaneous arm & leg action  
On the front, **2 body lengths**
- ]Combined arm & leg action  
On front, **2 body lengths**
- ]Alternating arm & leg action  
On back, **2 body lengths**
- ] Simultaneous arm & leg action  
On the back, **2 body lengths**
- ]Combined arm & leg action  
On back, **2 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

#### LEVEL 2

- ]Jump in shoulder deep water
- ]Exit water using ladder, steps or side
- ] Fully submerge head, **10 sec.**

- ] Bobbing, **10 times**
- ] Open eyes under water,  
Retrieve object, **3 times**
- ] Rotary breathing, **5 times**
- ] Front glide, **2 body lengths**
- ] Front, Jelly fish & Tuck floats **10 sec.**
- ] Recover from a front float
- ] Back glide, **2 body lengths**
- ] Back float, **15 sec.**
- ] Recover from a back float
- ] Roll from front to back
- ] Roll from back to front
- ] Tread water, **15 seconds**
- ] Combined arm & leg action  
On front, **5 body lengths**
- ] Finning arm action on back  
**5 body lengths**
- ] Combined arm & leg action on back,  
**5 body lengths**
- ] Staying safe around the water
- ] Don't just pack it, wear your jacket
- ] Recognize 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
- ] The danger of drains
- ] Exit Skill test #1
- ] Exit skill test #2
- ] Exit skill test #3

#### LEVEL 3

- ] Jump into deep water from side
- ] Kneeling & sitting dive
- ] **15 bobs** towards safety
- ] Rotary breathing, **15 times**
- ] Survival float, **30 sec.**
- ] Back float, **1 min. deep water**
- ] Level off on front, deep water
- ] Level off on back, deep water
- ] While treading, **rotate 1 full turn**
- ] Tread water for **1 minute**
- ] Push off on front streamline,

- Flutter kick **3-5 body lengths**
- ] Push off on front streamline,  
Dolphin kick **3-5 body lengths**
- ] Front crawl, **15 yards**
- ] Breast stroke kick, **15 yards**
- ] Elementary back stroke, **15 yards**
- ] Scissor kick, **15 yards**
- ] Reach or throw, Don't go
- ] Think twice before going  
Near cold water or ice
- ] Look before you leap
- ] Developing breath control safely
- ] Making a good decision,  
Choosing an exit point
- ] Exit skills test #1
- ] Exit skills test #2

#### LEVEL 4

- ] Compact dive
- ] Stride dive
- ] Swim under water, **3-5 body lengths**
- ] Feet first surface dive
- ] Survival swimming, **1 minute**
- ] Front crawl open turn
- ] Back crawl open turn
- ] Tread water, **2 minutes w/ 2 kicks**
- ] Front crawl **25 yards**
- ] Breaststroke **15 yards**
- ] Butterfly **15 yards**
- ] Push off on back streamline,  
Flutter kick **3-5 body lengths**
- ] Push off on back streamline,  
dolphin kick **3-5 body lengths**
- ] Elementary backstroke, **25 yards**
- ] Back crawl, **15 yards**
- ] Sidestroke, **15 yards**
- ] Reach or throw, don't go
- ] Recreational water illnesses
- ] Think so you don't sink
- ] Look before you leap
- ] Exit skills test #1
- ] Exit skills test #2
- ] Exit skills test #3



#### LEVEL 5

- ] Shallow dive from side
- ] Shallow dive & glide **2 body lengths**,  
Come up swimming
- ] Tuck surface dive
- ] Pike surface dive
- ] Front flip turn
- ] Backstroke flip turn
- ] Tread water, **5 min.**
- ] Tread water, legs only, **2 min.**
- ] Front crawl **50 yards**
- ] Tread water **2 min w/ 2 kicks**
- ] Front crawl **50 yards**
- ] Breaststroke **25 yards**
- ] Butterfly **25 yards**
- ] Elementary backstroke **50 yards**
- ] Back crawl, **25 yards**
- ] Standard back scull, **30 sec.**
- ] Sidestroke, **25 yards**
- ] How to call for help & the  
Importance of knowing  
First aid & CPR
- ] Recreational water illnesses
- ] Reach or throw, don't go
- ] Look before you leap
- ] Think so you don't sink
- ] Think twice before going  
Near cold water or ice
- ] Wave, Tide or Ride, follow the guide
- ] Exit skills test #1
- ] Exit skills test #2



When I finish level 4  
and/or 5/6 I can tryout for  
Swim Team or Dive Team