



# SKILLS CHECKLIST

# Parent and Child Aquatics Level 2

Instructor Name:	Date:	Participants' Names	1. PARENT	2. PARENT	3. PARENT	4. PARENT	5. PARENT	6. PARENT	7. PARENT	8. PARENT	9. PARENT	10. PARENT
			CHILD	CHILD	CHILD	CHILD	CHILD	CHILD	CHILD	CHILD	CHILD	CHILD
Enter water in seated position												
Enter water in seated position—rolling over and sliding in												
Enter water by stepping or jumping in												
Water entry using a ladder												
Water entry using stairs												
Exploring the pool (in shallow water)												
Exit water using side of pool												
Exit water using a ladder												
Opening eyes and retrieving objects below the surface												
Opening eyes and retrieving submerged objects												
Bobbing												
Front float												
Front glide												
Front glide to the wall												
Back float												



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			CHILD	CHILD	CHILD	CHILD	CHILD	CHILD	CHILD	CHILD	CHILD	CHILD
Back glide												
Roll from front to back												
Roll from back to front												
Passing between adults												
Drafting with breathing												
Leg action on front—alternating or simultaneous movements												
Arm action on front—alternating or simultaneous movements												
Combined arm and leg actions on front with breathing												
Leg action on back—alternating or simultaneous movements												
Arm action on back—alternating or simultaneous movements												
Combined arm and leg actions on back												
<b>Safety Topics</b>												
Wearing a life jacket in the water												
Reaching assists												
Basic water safety rules review												
Safety at the beach and at the waterpark												
Water toys and their limitations												