



PARENT & TOT

SWIMMING SKILLS	EVALUATION		
	<i>Below</i>	<i>Meets</i>	<i>Exceeds</i>
Front Float & Recovery 3 sec			
Front Glide			
Front Glide with Kick			
Back Float & Recovery			
Back Glide			
Back Glide w/ Kick 5 sec			
FITNESS ACTIVITIES			
Flutter Kick Drill 5m			
Distance Swim 2m			
WATER SAFETY			
Site Orientation			
Shallow water entries & exits			
Submerge Head			
Exhale through Mouth & Nose			
PARTICIPATION SKILLS			
Attentiveness			
Motivation			
Effort			

PLEASE REGISTER IN LEVEL:

Thank you for choosing Jack of Sports !



LEVEL 1

SWIMMING SKILLS		EVALUATION		
		<i>Below</i>	<i>Meets</i>	<i>Exceeds</i>
Rhythmic Breathing 5x				
Front Float & Recovery 3 sec				
Front Glide 3 sec				
Front Glide with Kick 5 sec				
Back Float & recovery 3 sec				
Back Glide 3 sec				
Back Glide with Kick 5 sec				
Roll-over Floats 6 sec (assisted)				
Roll-over Glides 6 sec (assisted)				
Front Swim 5m				
FITNESS ACTIVITIES				
Flutter Kick Drill 10m				
Distance Swim 5m				
WATER SAFETY				
Site Orientation				
Supervision				
EMS				
Shallow Water Entries & Exits				
Submerge Head & Exhale (Mouth/Nose)				
PARTICIPATION SKILLS				
Attentiveness				
Motivation				
Effort				

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LEVEL 2

SWIMMING SKILLS	EVALUATION		
	<i>Below</i>	<i>Meets</i>	<i>Exceeds</i>
Rhythmic breathing 10x (2 ways)			
Front Float 5 sec			
Front Glide w/ Flutter Kick 3x5m			
Back Float 5 sec			
Back Glide with Flutter Kick 3x5m			
Side Glide with Flutter kick 3m (assisted)			
Roll-Over Glide with Flutter kick 6 sec			
Front Swim 3 x 5m			
FITNESS ACTIVITIES			
Flutter Kick Drill 15m (assisted)			
Distance Swim 10m			
WATER SAFETY			
Site Rules			
Introduction to PFD/Lifejacket			
Weight Transfer, Shallow Water			
Deep Water Activities (assisted)			
PARTICIPATION SKILLS			
Attentiveness			
Motivation			
Effort			

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LEVEL 3

SWIMMING SKILLS	EVALUATION		
	<i>Below</i>	<i>Meets</i>	<i>Exceeds</i>
Rhythmic Breathing 15 times			
Front Glide with Flutter kick 3x10m			
Back Glide with Flutter kick 3x10m			
Side Glide with Flutter kick 5 sec			
Front/Side Glide Combination			
Front Crawl 3x5m			
FITNESS ACTIVITIES			
Flutter Kick Drill 3 x 15m			
Distance Swim 15m			
WATER SAFETY			
When & where to swim			
Weight transfer, Shallow water			
Deep water Float 5 sec			
Change direction in deep water			
Surface Support Deep End 20 sec			
Sitting Dive			
PARTICIPATION SKILLS			
Attentiveness			
Motivation			
Effort			

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LEVEL 4

SWIMMING SKILLS		EVALUATION		
		<i>Below</i>	<i>Meets</i>	<i>Exceeds</i>
Rhythmic Breathing 15 times (Front Crawl)				
Back Glide with Kick and Shoulder Roll 3x10m				
Front/Side Glide Combination				
Front Crawl 3x10m				
FITNESS ACTIVITIES				
Flutter Kick Drill 3 x 15m				
Distance Swim 25m				
WATER SAFETY				
Self Safety				
Show how to contact EMS				
Self Safety - Safe Diving				
Disorienting Entries				
Kneeling Dive				
Surface Support, Deep Water 45sec				
PARTICIPATION SKILLS				
Attentiveness				
Motivation				
Effort				

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LEVEL 5

SWIMMING SKILLS	EVALUATION		
	<i>Below</i>	<i>Meets</i>	<i>Exceeds</i>
Rhythmic Breathing 15 times (2 ways)			
Front Crawl 3 x 15m			
Back Crawl 3 x 15m			
Intro to Whip Kick on Back 3x5m			
FITNESS ACTIVITIES			
Dolphin Kick Drill 3 x 5m			
Distance Swim 50m			
WATER SAFETY			
How to be a safe boater			
Staying warm			
Cold water HELP/Huddle			
Intro to Sculling, Shallow water			
Tread water 1 min			
Stride Dive			
PARTICIPATION SKILLS			
Attentiveness			
Motivation			
Effort			

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LEVEL 6

SWIMMING SKILLS	EVALUATION		
	<i>Below</i>	<i>Meets</i>	<i>Exceeds</i>
Front Crawl 3 x 25m			
Back Crawl 3 x 25m			
Elementary Back Stroke 3x15m			
FITNESS ACTIVITIES			
Flutter Kick Drill 3 x 25m			
Distance Swim 75m			
WATER SAFETY			
Causes of boating accidents			
Victim recognition & simulation			
Throwing assist without a line			
Head-first Sculling on back 5m			
Tread Water, Deep Water 1/2min			
Front Dive			
When and Where to Go on Ice			
PARTICIPATION SKILLS			
Attentiveness			
Motivation			
Effort			

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LEVEL 7

SWIMMING SKILLS	EVALUATION		
	<i>Below</i>	<i>Meets</i>	<i>Exceeds</i>
Front Crawl 50m			
Back Crawl 50m			
Elementary Back Stroke 3x25m			
Front Scull 3 x 5m			
Whip kick on Front 3 x 15m (assisted)			
FITNESS ACTIVITIES			
Eggbeater/Tread Water 3min			
Distance Swim 150m			
WATER SAFETY			
Partial Airway Obstruction			
Complete Airway Obstruction			
Choking Rescue, Conscious person			
Throwing assist with a line			
Reaching assist with an aid			
Head-first Sculling on back 10m			
PARTICIPATION SKILLS			
Attentiveness			
Motivation			
Effort			

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LEVEL 8

SWIMMING SKILLS	EVALUATION		
	<i>Below</i>	<i>Meets</i>	<i>Exceeds</i>
Front Crawl 75m			
Back Crawl 75m			
Elementary Back Stroke 50m			
Breast Stroke 3 x 15m			
FITNESS ACTIVITIES			
Eggbeater/Tread Water 3min			
Dolphin Kick Drill 3 x 10m			
Distance Swim 300m			
WATER SAFETY			
Hypothermia			
Dangers of Open water			
Rescue Breathing, Adult & Child			
Feet-first Surface Dive			
Stride Entry			
PARTICIPATION SKILLS			
Attentiveness			
Motivation			
Effort			

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LEVEL 9

SWIMMING SKILLS	EVALUATION		
	<i>Below</i>	<i>Meets</i>	<i>Exceeds</i>
Front Crawl 100m			
Back Crawl 100m			
Elementary Back Stroke 50m			
Breast Stroke 3 x 25m			
FITNESS ACTIVITIES			
Travelling, Legs Only 3min			
Combination of Stroke Drills			
Distance Swim 400m			
WATER SAFETY			
Wise Choices & Peer Influence			
Rescue Breathing Complication			
Boating regulations			
Self-Rescue : Fall Through Ice			
Head-First Surface Dive			
Standing Shallow Dive			
PARTICIPATION SKILLS			
Attentiveness			
Motivation			
Effort			

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LEVEL 10

SWIMMING SKILLS	EVALUATION		
	<i>Below</i>	<i>Meets</i>	<i>Exceeds</i>
Front Crawl 100m			
Back Crawl 100m			
Elementary Back Stroke 50m			
Breast Stroke 50m			
FITNESS ACTIVITIES			
Dolphin kick (vertical) 3x10 sec			
Butterfly Drill 3 x 10m			
Sidestroke			
Distance Swim 500m			
WATER SAFETY			
Sun Smart			
ICE Rescue from Safe Zone			
Drowning Statistics			
Next Steps			
Head/Feet-First Surface Dives			
Surface dive, Underwater Swim 2m			
PARTICIPATION SKILLS			
Attentiveness			
Motivation			
Effort			

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