



The YMCA of the Triangle Area

congratulates

for participating in the
Preschool Swim Lesson Division
at the
Cary Family YMCA

Date



Instructor Signature

Cary Family YMCA Preschool Swim Lesson Division

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| <h2 style="font-size: 2em;">Pike</h2> <hr style="width: 20%; margin: 10px auto;"/> | <ul style="list-style-type: none"> <input type="checkbox"/> Participant is compliant with teacher / No separation issues or crying. <input type="checkbox"/> Listens well to directions and follows program rules. <input type="checkbox"/> Can let go of the wall and swim comfortably without flotation. <input type="checkbox"/> Can consistently put mouth and nose in water when asked / blowing bubbles. **Without goggles <input type="checkbox"/> Can consistently put whole head under water when asked. <input type="checkbox"/> Can comfortably wear a bubble and life jacket. <input type="checkbox"/> Can jump into the pool with flotation. <input type="checkbox"/> Can swim half the pool (12.5 yards) with floatation on my front (Paddle/Freestyle Arms). <input type="checkbox"/> Can float on back for 5 seconds without flotation. <input type="checkbox"/> Can swim half the pool with floatation on back (kicking with any arm motion). |
| <h2 style="font-size: 2em;">Eel</h2> <hr style="width: 20%; margin: 10px auto;"/> | <ul style="list-style-type: none"> <input type="checkbox"/> Can jump into water deeper than child's height without flotation. <input type="checkbox"/> Can jump into 9 feet of water, swim for 5 feet and return to the side without floatation. <input type="checkbox"/> Can float on back for 10 seconds without flotation. <input type="checkbox"/> Can comfortably float on front long enough to remain still with head down and without floatation. <input type="checkbox"/> Can swim 25 yards on my front with floatation and consistent rhythmic breathing (Paddle/Freestyle Arms). <input type="checkbox"/> Can swim on back for 25 yards with floatation (Elementary Backstroke Arms). <input type="checkbox"/> Can swim on back for 25 yards with floatation (Backstroke Arms). <input type="checkbox"/> Can swim on back for 5 yards without floatation (Backstroke Arms)). <input type="checkbox"/> Can consistently swim on front and back with straight leg flutter kick with floatation. <input type="checkbox"/> Can tread water (remain vertical and stationary) in deep water with floatation. <input type="checkbox"/> Understands the mechanics of sidestroke. <input type="checkbox"/> Understands the rules and mechanics of using fins. <input type="checkbox"/> Can swim with a life vest on for 25 yards (Paddling on front or kicking on back). <input type="checkbox"/> Can recite a personal safety rule from memory. |
| <h2 style="font-size: 2em;">Ray</h2> <hr style="width: 20%; margin: 10px auto;"/> | <ul style="list-style-type: none"> <input type="checkbox"/> Can jump off diving block into the pool with flotation and return to side. <input type="checkbox"/> Can jump into the deep end, swim 5 feet, float on back for 5 seconds, and return to side without floatation. <input type="checkbox"/> Can do a kneeling dive into 9 feet of water. <input type="checkbox"/> Can float on front in streamline & propel self with straight leg flutter kick.. <input type="checkbox"/> Can float on back for 15 seconds w/out floatation, switch to front float w/ head towards the bottom & return to back float position. <input type="checkbox"/> Can bob 15 times getting a breath each time without holding nose or wiping eyes (done without goggles). <input type="checkbox"/> Can swim freestyle with correct rotary breathing for 25 yards with floatation. <input type="checkbox"/> Can swim freestyle with correct rotary breathing for 12.5 yards without floatation. <input type="checkbox"/> Can swim backstroke with straight arms and legs for 25 yards with floatation. <input type="checkbox"/> Can swim backstroke with straight arms and legs for 12.5 yards without floatation. <input type="checkbox"/> Can swim breaststroke 25 yards attempting a legal kick with floatation. <input type="checkbox"/> Can swim breaststroke 12.5 yards attempting a legal kick without floatation. <input type="checkbox"/> Can swim sidestroke for 12.5 yards without floatation. <input type="checkbox"/> Understands the mechanics of dolphin kick with and without the use of fins. <input type="checkbox"/> Can swim with a life vest on for 25 yards on front AND back. |
| <h2 style="font-size: 2em;">Starfish</h2> <hr style="width: 20%; margin: 10px auto;"/> | <ul style="list-style-type: none"> <input type="checkbox"/> Can jump off a starting block, swim freestyle halfway, float on back for 15 seconds, and return to the side swimming backstroke. <input type="checkbox"/> Can do a standing dive into 9 feet of water. <input type="checkbox"/> Can retrieve an item in 5 feet of water and push off the bottom to surface. <input type="checkbox"/> Can swim freestyle with rotary breathing and straight leg flutter kick for 25 yards.. <input type="checkbox"/> Can swim backstroke with straight leg kick for 25 yards. <input type="checkbox"/> Can swim breaststroke with a legal kick and glide for 25 yards.. <input type="checkbox"/> Can swim butterfly with the use of fins for 25 yards and demonstrate arms coming out of the water simultaneously. <input type="checkbox"/> Can swim elementary backstroke with gliding for 25 yards. <input type="checkbox"/> Can perform an endurance swim: front dive, 25 free, 25 back/elementary back, float for 30 sec., 25 breast, tread water for 15 seconds. <input type="checkbox"/> Can swim sidestroke for 25 yards. <input type="checkbox"/> Can tread water calmly for 30 seconds without floatation. <input type="checkbox"/> Can swim with a life vest on and light clothes for 25 yards (Paddling on front AND on back). <input type="checkbox"/> Can perform one rescue (reaching assist, ring toss, etc.) |