

NASPE
Swimming Progression Skills Check List
Level Blue

Level Blue Instructor: _____ Date: _____	Student's Name							
	1.	2.	3.	4.	5.	6.	7.	8.
Water Entry and Exit								
Long Shallow Dive								
Feet First Surface Dive to depth of 7 feet; swim underwater 10 yards								
Tuck Surface Dive; underwater swim 10 yards								
Front Crawl								
Front Crawl w/Rhythmic Breathing-50 yards								
Back Crawl								
Back Crawl-50 yards								
Breast Stroke								
Breast Stroke-25 yards								
Side Stroke								
Scissor Kick-supported								
Side Stroke Arms-standing								
Side Stroke combined arms and legs-15 yards								
Survival Skills								
Survival Float-1 minute								
Overhead, feet-first sculling								
Cardiovascular Endurance Swim								
5-minute continuous swim; stroke of choice								
5-minute swim using Front Crawl; Back Stroke; Side Stroke; or Breast Stroke								
Water Safety + Helping Others								
Jump into deep water; swim 25 yards wearing long pants, long-sleeved shirt, and light tennis shoes								
Disrobe in Shallow water								
Jump into deep water; swim 3 minutes; disrobe in deep water								