

NASPE
Swimming Progression Skills Check List
Level Green

Level Green Instructor: _____ Date: _____	Student's Name	1.	2.	3.	4.	5.	6.	7.	8.
		Water Entry and Exit							
Head-first entry (Deep Dive) with glide									
Head-first entry (Shallow Dive) with glide; top 3' of water									
Stride Jump									
Kneeling Dive									
Standing Dive									
Standing Dive; swim 25 yards-stroke of choice									
Jump or Dive; swim 10 yards; Lateral Roll (to opposite side); Swim 10 yards									
Tuck Surface Dive									
Treading									
Tread Water-30 seconds									
Sculling-in place									
Sculling-feet first									
Sculling-head first									
Front Crawl									
Front Crawl w/Rhythmic Breathing-25 yards									
Back Crawl									
Back Crawl-25 yards									
Breast Stroke									
Breast Stroke Kick-supported									
Breast Stroke Arms-standing									
Breast Stroke combined arms and legs-15 yards									
Breast Stroke arms and breathing-standing									
Breast Stroke-15 yards									
Change of Direction									
Closed Turns for Change of Direction									
Water Safety + Helping Others									
HELP & Huddle Position									