

# NASPE

## Swimming Progression Skills Check List

### Level Purple

	Student's Name	1.	2.	3.	4.	5.	6.	7.	8.
<b>Level Purple</b>									
<b>Instructor:</b> _____									
<b>Date:</b> _____									
<b>Water Entry and Exit</b>									
Pike Surface Dive									
Jump from Diving Board									
Standing Dive from Diving Board									
<b>Front Crawl</b>									
Front Crawl w/Rhythmic Breathing-100 yards									
<b>Back Crawl</b>									
Back Crawl-100 yards									
<b>Breast Stroke</b>									
Breast Stroke-100 yards									
<b>Side Stroke</b>									
Side Stroke-100 yards									
<b>Butterfly</b>									
Dolphin Kick-supported									
Butterfly Arms-standing									
Butterfly arms and breathing-15 yards									
Butterfly-15 yards									
<b>Cardiovascular Endurance Swim</b>									
10 minute swim using 4 different strokes									
<b>Treading</b>									
Tread water with No hands-5 minutes									
<b>Changing Direction and Position</b>									
Flip turn while swimming on front									
Flip turn while swimming on back									
<b>Water Safety + Helping Others</b>									
Clearing Mask and Snorkle									
Retrieve object from 9 feet of water									
Retrieve a 10-lb. brick from 9 feet of water									
Diving Board Safety									