

NASPE
Swimming Progression Skills Check List
Level RED

Level RED Instructor: _____ Date: _____	Student's Name						
		1.	2.	3.	4.	5.	6.
Water Entry and Exit							
Enter and exit water safely using ladder, steps or side							
Exit water safely over the side of the pool							
Bobbing with Bubbles (10 repetitions) at side							
Breath Control and Underwater Swimming							
Wash Face							
Hold Breath							
Submerge Face (mouth, nose, eyes)							
Submerge Body							
Blow bubbles through mouth							
Blow bubbles through nose							
Open eyes under water							
Hold Breath/submerge- 3 seconds							
Retrieve object in 3 feet of water							
Buoyancy on Front							
Maintain front float position; face in or out of water; with/without support; 3 seconds							
Recover from front float to standing position							
Gliding: with/without assistance							
Front Glide; face in water; 5 seconds							
Kick on Kickboard:							
Unassisted preferred; 3-5 yards							
Changing Direction and Position: with/without support/assistance							
Change direction of travel while using any stroke (kickboard OK)							
Buoyancy on Back							
Maintain back float position; with/without support							
Recover from back float to standing position							
Swim on Front							
Flutter Kick (supported)-alternating leg action							
Swim on Back							
Flutter Kick (supported)-alternating leg action							
Water Safety + Helping Others							
Water safety rules							