

NASPE
Swimming Progression Skills Check List
Level Yellow

Level Yellow Instructor: _____ Date: _____	1.	2.	3.	4.	5.	6.
Breath Control and Underwater Swimming						
Underwater swim, 3 feet of water-10 yards						
Retrieve object in 5 feet of water						
Changing Direction and Position: without support/assistance						
Demonstrate U-turn Change of Direction						
Gliding: with/without assistance						
Front Glide + Flutter Kick						
Back Glide + Flutter Kick						
Front Crawl						
Front Crawl Arms w/Rhythmic Breathing (standing)						
Front Crawl with Rhythmic Breathing-15 yards						
Back Crawl						
Back Crawl Arms (standing)						
Back Crawl Arms and Kick-15 yards						
Elementary Back Stroke-Survival Stroke						
Elementary Back Stroke Kick-15 yards						
Elementary Back Stroke Arms-15 yards						
Water Exploration						
Deep Water Bobs-10 repetitions						
Jump into deep water and swim 10 yards on Front						
Jump into deep water, swim 20 yards; 1st 10 yards on Front; reverse (Vertical Rotation); 2nd 10 yards kick on Back; return to start						
Water Entry-Diving						
Head-first entry from sitting or kneeling position						
Head-first entry from one-knee or crouching position						
Head-first entry from squatting position						
Head-first entry from standing position						
Water Safety + Helping Others						
Throwing equipment rescue						