

Sodus Recreation Level One Swimming Certificate

Participant Name:

Location:

Instructor Name:

Date:

- Enter water using a ramp, steps, or side
- Exit water using ladder, steps, or side
- Blow bubbles for 3 seconds
- Bobbing, 5 times
- Open eyes under water and retrieve submerged objects
- Front glide and recover to a vertical position
- Back glide and recover to a vertical position
- Back float for 5 seconds
- Roll from front to back and back to front
- Treading water arm and hand actions
- Alternating leg and arm actions on front
- Simultaneous leg and arm actions on front
- Alternating leg and arm actions on back
- Simultaneous leg and arm actions on back
- Combined arm and leg actions on front
- Combined arm and leg actions on back

*Skills with check marks are ones that the participant is proficient in. Skills missing check marks are ones that the participant needs to continue working on in order to pass this level.

_____ Student has successfully completed this swimming level.

_____ Student must continue to work on the skills in this level.

Sodus Recreation Level Two Swimming Certificate

Participant Name:

Location:

Instructor Name:

Date:

- Step or jump from the side into shoulder deep water
- Exit water using ladder, steps, or side
- Fully submerge and hold breath
- Bobbing, 10 times
- Open eyes under water and retrieve submerged objects
- Rotary breathing
- Front float
- Jellyfish float
- Tuck float
- Front glide and recover to a vertical position
- Back glide and recover to a vertical position
- Back float for 15 seconds
- Roll from front to back and back to front
- Tread water for 15 seconds
- Change direction of travel while swimming on front or back
- Combined arm and leg actions on front
- Combined arm and leg actions on back
- Finning arm action on back

*Skills with check marks are ones that the participant is proficient in. Skills missing check marks are ones that the participant needs to continue working on in order to pass this level.

_____ Student has successfully completed this swimming level.

_____ Student must continue to work on the skills in this level.

Sodus Recreation Level Three Swimming Certificate

Participant Name:

Location:

Instructor Name:

Date:

- Jump into deep water from the side, submerge, return to the surface then to the side
- Headfirst entry from the side in seated position
- Headfirst entry from the side in kneeling position
- Bobbing while moving to safety
- Rotary breathing
- Survival float for 30 seconds
- Back float for 1 minute
- Tread water for 1 minute
- Change from vertical to horizontal position from front and back
- Push off in streamline position on front, then begin kicking
- Swim front crawl for 15 yards
- Swim elementary backstroke for 15 yards
- Flutter kick
- Scissors kick
- Dolphin kick
- Breaststroke

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_____ Student has successfully completed this swimming level.

_____ Student must continue to work on the skills in this level.

Sodus Recreation Level Four Swimming Certificate

Participant Name:

Location:

Instructor Name:

Date:

- Headfirst entry in compact position
- Headfirst entry in stride position
- Feetfirst surface dive
- Swim underwater
- Tread water using 2 different kicks
- Survival swimming for 1 minute
- Swim front crawl for 25 yards
- Swim elementary backstroke for 25 yards
- Swim back crawl for 15 yards
- Butterfly for 15 yards
- Sidestroke for 15 yards
- Open turn on the front
- Open turn on the back
- Flutter kick on back
- Dolphin kick on back
- Push off in streamline position on back, then begin kicking

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_____ Student has successfully completed this swimming level.

_____ Student must continue to work on the skills in this level.

Sodus Recreation Level Five Swimming Certificate

Participant Name:

Location:

Instructor Name:

Date:

- Shallow-angle dive into deep water
- Tuck surface dive
- Pike surface dive
- Tread water for 5 minutes
- Tread water using legs only for 2 minutes
- Sculling for 30 seconds
- Swim front crawl for 50 yards
- Swim elementary backstroke for 50 yards
- Breaststroke for 25 yards
- Back crawl for 25 yards
- Butterfly for 25 yards
- Sidestroke for 25 yards
- Front flip turn
- Backstroke flip turn

*Skills with check marks are ones that the participant is proficient in. Skills missing check marks are ones that the participant needs to continue working on in order to pass this level.

_____ Student has successfully completed this swimming level.

_____ Student must continue to work on the skills in this level.

Sodus Recreation Level Six Swimming Certificate

Participant Name:

Location:

Instructor Name:

Date:

- Surface dive and retrieve object from the bottom, 7-10 feet deep
- Swim front crawl for 100 yards
- Swim elementary backstroke for 100 yards
- Breaststroke for 50 yards
- Back crawl for 50 yards
- Butterfly for 50 yards
- Sidestroke for 50 yards
- Demonstrate open turn while swimming
- Demonstrate front turn while swimming
- Demonstrate back turn while swimming

*Skills with check marks are ones that the participant is proficient in. Skills missing check marks are ones that the participant needs to continue working on in order to pass this level.

_____ Student has successfully completed this swimming level.

_____ Student must continue to work on the skills in this level.