

**Camp Abilities Brockport Aquatics Checklist**  
**(Borrowed from Saratoga CA Aquatics)**  
**American Red Cross Swim Lesson Levels**

Y/N	Skills to be Assessed	Insert: Modifications/ PA/ TA/VA
	<p><b>Level I: Water Exploration (Shallow water lesson)</b></p> <ul style="list-style-type: none"> <li>◆ Fully submerge face in water</li> <li>◆ Front and back float with support</li> <li>◆ Kicking on front and back with support</li> <li>◆ Enter and exit the water independently</li> </ul>	
	<p><b>Level II: Primary Skills (Shallow water lesson)</b></p> <ul style="list-style-type: none"> <li>◆ Float on front and back unsupported for 5 seconds</li> <li>◆ Swim on front 5 yards without assistance</li> <li>◆ Swim on back 5 yards without assistance</li> <li>◆ Retrieve objects under water chest deep</li> </ul>	
	<p><b>Level III: Stroke Readiness (Mid-pool lesson: shallow and deep)</b></p> <ul style="list-style-type: none"> <li>◆ Swim the front crawl for 10 yards</li> <li>◆ Swim the back crawl for 10 yards</li> <li>◆ Jump into deep water</li> <li>◆ Bobs in water over the child's head</li> </ul>	
	<p><b>Level IV: Stroke Development (Deep water lesson)</b></p> <ul style="list-style-type: none"> <li>◆ Deep water bobs</li> <li>◆ Standing dive from side of pool</li> <li>◆ Elementary backstroke for 10 yards</li> <li>◆ Front &amp; back crawl 25 yards (entire length of pool)</li> <li>◆ Breaststroke &amp; Sidestroke kick with kickboard</li> </ul>	
	<p><b>Level V: Stroke Refinement (Deep water lesson)</b></p> <ul style="list-style-type: none"> <li>◆ Front &amp; back crawl for 50 yards</li> <li>◆ Breaststroke &amp; sidestroke for 10 yards</li> <li>◆ Elementary backstroke for 25 yards</li> </ul>	
	<p><b>Level VI: Skill Proficiency (Deep water lesson)</b></p> <ul style="list-style-type: none"> <li>◆ Front &amp; back crawl 100 yards</li> <li>◆ Breaststroke &amp; sidestroke 25 yards</li> <li>◆ Swim the butterfly 10 yards</li> <li>◆ Flip turn</li> </ul>	
	<p><b>Level VI: Advanced Skills (Deep water lesson)</b></p> <ul style="list-style-type: none"> <li>◆ Swim continuously 500 yards using any strokes</li> <li>◆ Backstroke flip turn</li> <li>◆ Tread water for 5 minutes</li> </ul>	

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