

Swimmer Name: _____

Instructor: _____

Day: _____ Time: _____

Level 3: Breathing, Breaststroke, Fly

Front Crawl 8 meters with breathing

Completed: _____

- Face down: Breaths to side: Head not lifting:
 Body straight: Legs kicking: Arm recovery over surface:

Notes:



Back Crawl 8 meters with body at surface

Completed: _____

- Arms straight: Body straight: Legs kicking:
 Ears in water: Head still: Hips near surface:

Notes:

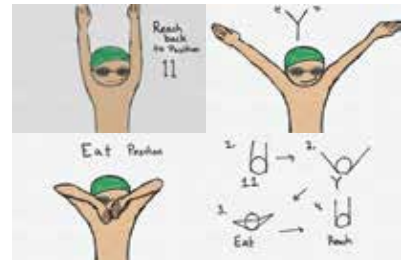


Demonstrate "11, Y, Eat, and Reach"

Completed: _____

- On deck: In water: Steps done slowly:
 Elbows high: Streamline body: Floating at surface:

Notes:

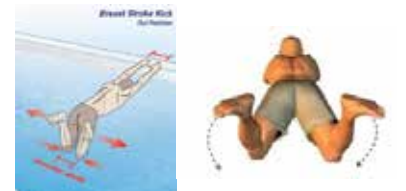


Demonstrate Breaststroke Kick on

Completed: _____

- Flex correct: Knees together: Push water with
 Feet whipping ~ outside of knees: inside of foot:

Notes:



Demonstrate Butterfly Arms

Completed: _____

- On deck: Floating @ surface: Arms travel through
 Clap back of hands: Return to Pos. 11: airplane position:

Notes:



Ready for Level 4

Completed: _____

