

Certificate of Completion

This certifies that _____ has completed

Swim Level 1: Going Underwater, and Support

With consistent proven competency in the following skills:

- Going underwater unassisted
- Supported front float with face in water
- Supported back float with ears in water
- Going underwater, then standing up on own

Graduating on: _____ Certified by: _____

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Swim Level 2: Streamlines, and the Crawls

With consistent proven competency in the following skills:

- Streamline with 3 body lengths on front and back
- Streamline with front crawl arms 5 body lengths
- Streamline with back crawl arms 5 body lengths
- Understanding of basic butterfly kick

Graduating on: _____ Certified by: _____

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Swim Level 3: Breathing, Breaststroke, Fly

With consistent proven competency in the following skills:

- Front crawl 8 meters with bilateral breathing
- Back crawl 8 meters with body at surface
- Deliberate demonstration of "11, Y, Eat, and Reach"
- Correct breaststroke kick while seated on deck
- Correct demonstration of butterfly arms

Graduating on: _____ Certified by: _____

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Swim Level 4: Distance, Competitive, IM

With consistent proven competency in the following skills:

- Front crawl 20 meters with bilateral breathing
- Back crawl 20 meters with body in soldier
- 2 strokes a breaststroke with correct arms and kick
- 2 strokes of butterfly with correct kick and arms
- 50 meter front or back crawl with flip turn

Graduating on: _____ Certified by: _____



Swimming Ideas



Swimming Ideas



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