

JCC Grossman Camp Swimming Progress Sheet

Beginner Level

Water Safety and Comfortability

- ___ Walks comfortably in water (*waist deep*)
- ___ Lies in shallow water, totally submerged except for head
- ___ Puts ears in water
- ___ Puts face in water
- ___ Fully submerges head (*5 seconds*)
- ___ Exhales underwater
- ___ Opens eyes underwater

Floats and Streamlines

- ___ Front float (*5 seconds*)
- ___ Front glide
- ___ Front glide with flutter kick
- ___ Back float (*10 seconds*)
- ___ Back glide
- ___ Back glide with flutter kick
- ___ Finning on back (*15 feet*)
- ___ Sculling on back (*15 feet*)
- ___ Roll (*front to back & back to front*)
- ___ Jellyfish float
- ___ Bob in shallow water (*5 times*)

Beginner Strokes & Deep Water Skills

- ___ Elementary backstroke (*15 yards*)
- ___ Back float in deep water (*30 seconds*)
- ___ Bob in deep water (*5 times*)
- ___ Tread water (*30 seconds*)
- ___ Beginner crawl (dog paddle – *15 feet*)
- ___ Front crawl with rotary breathing (*25 yards*)

To pass Beginner Level: Front crawl with rotary breathing (*25 yards*)

Intermediate Level

- ___ Front crawl (*50 yards*)
- ___ Breaststroke (*50 yards*)
- ___ Back crawl (*50 yards*)
- ___ Sidestroke (*50 yards*)
- ___ Tread water (*1 minute*)
- ___ Feet first surface dive
- ___ Head first surface dive (*pike & tuck*)
- ___ Survival float (*2 minutes*)

To pass Intermediate: Proficiency with all strokes (*50 yards*)

Advanced Level

- ___ Breaststroke swim (*100 yards*)
- ___ Front crawl swim (*100 yards*)
- ___ Back crawl (*100 yards*)
- ___ Butterfly (*50 yards*)
- ___ Lifesaving Skills