

# Swim Tots B

All skills should be partially assisted at this level.

Instructor's Name:  Date:  Time:	Participant's Names:								
		1	2	3	4	5	6	7	8
Enter and exit water safely either using the stairs or side of pool.									
Enter water by jumping in.									
Blowing bubbles with mouth and nose submerged for 3 seconds.									
Bobbing with whole head submerged.									
Roll from front to back or back to front.									
Front glide (alligator chops).									
Back glide (rocket ship).									
Back Float for 3 seconds.									
Front float for 3 seconds.									
Front crawl (ice cream scoops)									
Back crawl (Karate chops)									
Elementary back stroke (Monkey, airplane, soldier)									
Watery safety rules									
Importance/how to wear lifejacket.									

Notes: