

Adapted Aquatics for Individuals with Disabilities

Level 1

Swimmer's Name _____

Date of Preliminary Evaluation _____

I am able to:

- _____ play with toys on the pool deck.
- _____ sit on the edge of the pool with my feet in the water.
- _____ sit on the edge of the pool with my feet in the water and splash myself.
- _____ sit on the edge of the pool and kick my feet in the water.
- _____ climb down the ladder into chest deep water.
- _____ climb up the ladder to get out of the pool.
- _____ walk across the pool, holding onto the gutter.
- _____ walk across the pool, holding my teacher's hand.
- _____ walk across the pool by myself
- _____ turn around in a circle in the water.
- _____ jump 3 times, holding my teacher's hand.
- _____ jump 3 times by myself.
- _____ jump across the width of the pool by myself.
- _____ hop 3 times on my "good" foot, holding my teacher's hand.
- _____ hop 3 times on my "good" foot by myself.
- _____ pretend to wash my face in the water.
- _____ put my face in the water, while holding the gutter.
- _____ put my face in the water by myself.
- _____ get wet "all over" ...even my hair.
- _____ pick up a ring (or other object) from the bottom of the pool.
- _____ blow a ping pong ball on the water.
- _____ blow bubbles.
- _____ blow bubbles, breathe, and blow bubbles.
- _____ blow bubbles, breathe, and blow bubbles 3 times in a row.
- _____ run across the pool by myself.

Place a check next to each capability at preliminary evaluation. Each subsequent skill acquisition should be noted with date skill was observed.