

**Adapted Aquatics for Individuals with Disabilities**

**Level 2**

**Swimmer's Name** \_\_\_\_\_

**Date of Preliminary Evaluation** \_\_\_\_\_

**I am able to:**

- \_\_\_\_\_ **see-saw with my teacher.**
- \_\_\_\_\_ **bob 3 times in a row, holding the gutter.**
- \_\_\_\_\_ **bob 5 times in a row, holding my teacher's hands for support.**
- \_\_\_\_\_ **bob 5 times in a row, by myself.**
- \_\_\_\_\_ **float on my stomach, with teacher support.**
- \_\_\_\_\_ **float on my back, with teacher support.**
- \_\_\_\_\_ **flutter kick, on my stomach, while being towed by my teacher.**
- \_\_\_\_\_ **flutter kick, on my back, while being towed by my teacher.**
- \_\_\_\_\_ **spin around in a circle without touching the bottom of the pool.**
- \_\_\_\_\_ **float on my stomach, like a turtle, and recover to a stand, with teacher's help.**
- \_\_\_\_\_ **float on my stomach, in a layout position, and recover to a stand.**
- \_\_\_\_\_ **float on my back and recover to a stand, with teacher's help.**
- \_\_\_\_\_ **float on my back and recover to a stand, by myself.**
- \_\_\_\_\_ **float on my stomach for 5 seconds.**
- \_\_\_\_\_ **float on my stomach for 10 seconds.**
- \_\_\_\_\_ **float on my back for 5 seconds.**
- \_\_\_\_\_ **float on my back for 10 seconds.**
- \_\_\_\_\_ **jump into chest deep water, from a sitting position, holding my teacher's hand.**
- \_\_\_\_\_ **jump into chest deep water, holding my teacher's hand.**
- \_\_\_\_\_ **jump into chest deep water by myself.**
- \_\_\_\_\_ **hang onto the gutter in deep water.**

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