

Adapted Aquatics for Individuals with Disabilities

Level 3

Swimmer's Name _____

Date of Preliminary Evaluation _____

I am able to:

- _____ bob for 10 seconds.
- _____ bob for 20 seconds.
- _____ roll my head to breathe and then blow bubbles, holding the gutter, 5 times in a row.
- _____ roll my head to breath and then blow bubbles, while leaning forward holding my knees, ten times.
- _____ glide on my stomach and recover to my feet, with teacher's help.
- _____ glide on my stomach and recover to my feet by myself.
- _____ human stroke, on my stomach, with teacher's support.
- _____ human stroke, on my stomach, with teacher's occasional support, the width of the pool.
- _____ human stroke, on my stomach, by myself, the width of the pool.
- _____ glide on my back, and recover to my feet, with teacher's support.
- _____ glide on my back, and recover to my feet by myself.
- _____ roll from a front glide to my back with teacher's help.
- _____ roll from a front glide to my back, by myself.
- _____ roll from a back glide to my stomach, with teacher's help.
- _____ roll from a back glide to my stomach, by myself.
- _____ swim under my teacher's spread legs (or through a submerged hoop).
- _____ flutter kick, with a kick board towed by my teacher, 10'.
- _____ flutter kick, with a kick board, 10'.
- _____ flutter kick, with a kick board, the width of the pool.
- _____ jump into chest deep water and return to the side.
- _____ sitting dive into chest deep water.
- _____ one-knee dive into chest deep water.
- _____ tread water in chest deep water.

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