

Adapted Aquatics for Individuals with Disabilities

Level 4

Swimmer's Name _____

Date of Preliminary Evaluation _____

I am able to:

- _____ bob for one minute.
- _____ human stroke, on my back, with width of the pool.
- _____ human stroke, on my "good" side, the width of the pool.
- _____ human stroke, on my stomach, the length of the pool.
- _____ float on my stomach for 30 seconds, breathing when needed.
- _____ float on my back for 1 minute.
- _____ roll my head to breathe and blow bubbles, leaning forward with my hands on my knees, for one minute.
- _____ elementary back crawl the width of the pool (flutter kick).
- _____ elementary breaststroke the width of the pool (flutter kick).
- _____ human stroke with my face in the water, using an "over the water" recovery, 10'.
- _____ human stroke with my face in the water, using an "over the water" recovery, 20'.
- _____ swim underwater, 10'.
- _____ swim underwater the width of the pool.
- _____ flutter kick the length of the pool with a kick board.
- _____ whip kick, while holding a kick board towed by my teacher, 10'.
- _____ whip kick, using a kick board, 20'.
- _____ tread water, in deep water, for 1 minute.
- _____ kneeling dive into chest deep water and pick up an object from the bottom of the pool.

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