

**Adapted Aquatics for Individuals with Disabilities**

**Level 5**

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

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

**I am able to:**

- \_\_\_\_\_ float on my back for 2 minutes.
- \_\_\_\_\_ float on my stomach for 1 minute, breathing when needed.
- \_\_\_\_\_ bob and ship water for 30 seconds, while braced on the side of the pool.
- \_\_\_\_\_ front crawl the width of the pool.
- \_\_\_\_\_ front crawl the length of the pool.
- \_\_\_\_\_ back crawl with alternating "out of the water" recovery of the arms the width of the pool.
- \_\_\_\_\_ back crawl the length of the pool.
- \_\_\_\_\_ elementary backstroke with whip kick the width of the pool.
- \_\_\_\_\_ elementary backstroke with whip kick the length of the pool.
- \_\_\_\_\_ elementary breaststroke with whip kick the width of the pool.
- \_\_\_\_\_ elementary breaststroke with whip kick the length of the pool.
- \_\_\_\_\_ tread water in the deep end of the pool for 2 minutes.
- \_\_\_\_\_ sidestroke the width of the pool.
- \_\_\_\_\_ sidestroke the length 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.**