

Adapted Aquatics for Individuals with Disabilities

Level 6

Swimmer's Name _____

Date of Preliminary Evaluation _____

I am able to:

- _____ front crawl 50 meters of the pool.
- _____ front crawl 100 meters of the pool.
- _____ back crawl 50 meters of the pool.
- _____ back crawl 100 meters of the pool.
- _____ breaststroke 50 meters of the pool.
- _____ sidestroke 50 meters of the pool.
- _____ sidestroke 100 meters of the pool.
- _____ perform an open turn.
- _____ perform a flip turn.
- _____ front crawl 50 meters, using a flip turn an open turn at 25 meters.
- _____ breaststroke 50 meters, using an open turn at 25 meters.
- _____ back crawl 50 meters, using a backstroke turntable at 25 meters.
- _____ perform a butterfly progression, 10X.
- _____ butterfly, with fins, the width of the pool.
- _____ butterfly the length of the pool.
- _____ swim the individual medley, 100 meters.
- _____ swim the individual medley, 200 meters.

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