



SKILLS CHECKLIST

Parent and Child Aquatics Level 2

Instructor Name:	Date:	Participants' Names									
		1. PARENT CHILD	2. PARENT CHILD	3. PARENT CHILD	4. PARENT CHILD	5. PARENT CHILD	6. PARENT CHILD	7. PARENT CHILD	8. PARENT CHILD	9. PARENT CHILD	10. PARENT CHILD
Enter water in seated position											
Enter water in seated position—rolling over and sliding in											
Enter water by stepping or jumping in											
Water entry using a ladder											
Water entry using stairs											
Exploring the pool (in shallow water)											
Exit water using side of pool											
Exit water using a ladder											
Opening eyes and retrieving objects below the surface											
Opening eyes and retrieving submerged objects											
Bobbing											
Front float											
Front glide											
Front glide to the wall											
Back float											



Instructor Name:	Participants' Names	1. PARENT	2. PARENT	3. PARENT	4. PARENT	5. PARENT	6. PARENT	7. PARENT	8. PARENT	9. PARENT	10. PARENT
		CHILD	CHILD	CHILD	CHILD	CHILD	CHILD	CHILD	CHILD	CHILD	CHILD
Date:											
Back glide											
Roll from front to back											
Roll from back to front											
Passing between adults											
Drafting with breathing											
Leg action on front—alternating or simultaneous movements											
Arm action on front—alternating or simultaneous movements											
Combined arm and leg actions on front with breathing											
Leg action on back—alternating or simultaneous movements											
Arm action on back—alternating or simultaneous movements											
Combined arm and leg actions on back											
Safety Topics											
Wearing a life jacket in the water											
Reaching assists											
Basic water safety rules review											
Safety at the beach and at the waterpark											
Water toys and their limitations											