



SKILLS CHECKLIST

Parent and Child Aquatics Level 1

Instructor Name:	Date:	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
Getting wet with toys												
Getting wet kicking												
Enter water by lifting in												
Enter water by walking in												
Out-of-water exploration												
In-water exploration												
Exit water by lifting out												
Exit water by walking out												
Blowing bubbles on the surface												
Blowing bubbles with mouth and nose submerged												
Underwater exploration												
Submerging mouth, nose and eyes												
Front float												
Front glide												
Back float												



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
Back glide											
Roll from front to back											
Roll from back to front											
Passing from instructor to parent											
Leg action on front											
Leg action on back											
Safety Topics											
The importance of wearing a life jacket											
How to call for help and the importance of knowing first aid and CPR											
Basic water safety rules											
General water safety around the home											
Recreational water illnesses											
Sun safety											