



**City of Greenfield Parks & Recreation  
AMERICAN RED CROSS AQUATICS PROGRAM  
Preschool Level 2: SEAHORSE**

Swimmer's First Name: \_\_\_\_\_

Swimmer's Last Name: \_\_\_\_\_

Year: \_\_\_\_\_ Rec Trac Course #: \_\_\_\_\_

Instructor(s): \_\_\_\_\_

**KEY**  
 P = Pass  
 F = Fail  
 NW = Needs Work  
 N/A = Not Applicable

SWIM SKILLS	
Jump into shallow water	
Fully submerge face (5 seconds)	
Rhythmic breathing (10 bobs)	
Pick up object underwater at arm's length	
Unsupported front float with recovery to vertical (3 seconds)	
Unsupported back float with recovery to vertical (3 seconds)	
Front glide with recovery to vertical	
Back glide with recovery to vertical	
Roll from front to back and back to front	
Flutter kick on front (1 width)	
Flutter kick on back (1 width)	
Combined arm and leg action on front with limited assistance	
Combined arm and leg action on back with limited assistance	
Finning arm action on back	
Treading in chest-deep water (15 seconds)	

PUTTING IT TOGETHER	
Glide on front 2 body lengths, roll to back, float on back for 15 seconds, and recover	
Glide on back 2 body lengths, roll to front, and recover	
Swim using combined arm and leg action on front for 3 body lengths, roll to back, float for 15 seconds, roll to front, and continue swimming on front for 3 body lengths	

PERSONAL SAFETY AND RESCUE SKILLS	
Review pool rules	
Discuss ways to get help	
Reaching and extension assists	
Floating with life jackets/PFD's	
Too much sun is no fun	

**Next level to enroll in:**

**INSTRUCTOR COMMENTS:**

