

You have successfully passed the following  
LOBSTER skills:

- Jump into deep water from side of pool
- Bob 15 time continuously, submerging head completely
- Retrieve object from pool bottom in chest deep water
- Swim front crawl with side breathing holding onto wall + technique + alternate sides**
- Swim front crawl + technique + endurance**
- Swim back crawl + technique + endurance**
- Reverse direction while swimming on front and back
- Stream line – push off into**
- Breaststroke arm and leg actions
- Tread water for 1 minute + endurance**
- Dive from kneeling position + technique**
- Learn safe diving rules
  
- CONGRATULATIONS! All requirements have been accomplished and your child can move up to SEAL. If this is not checked off your child needs more practice on skills in this level.

INSTRUCTOR COMMENTS:

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Instructors

Date

= Complete    = In progress    = Incomplete