

You have successfully demonstrated the following SEAHORSE skills:

- Jump into chest deep water and stand up**
- Hold breath and fully submerge head for 5 seconds
- Retrieve object from pool bottom in chest deep water
- Front float unsupported for 5 seconds, then stand**
- Back float unsupported for 5 seconds, then stand**
- Combined stroke on front, using kicks & arms**
- Combined stroke on back, using kicks & arms for**
- Intro to Stream line
- Front to back float *films*
- Learn basic water safety rules
  
- CONGRATULATIONS! All requirements *have been* accomplished and your child can move up to LOBSTER. 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