

You have successfully demonstrated the following SEAL skills:

- Push off wall in streamline position on front into flutter kick, then front crawl**
- Breaststroke kick for 15 yards + technique
- Front crawl stroke with side breathing for 25 yards + endurance + technique**
- Back crawl stroke for 25 yards + endurance + technique**
- Elementary backstroke + technique
- Standing front dive + technique**
- Tread water for 2 minutes using any kick + endurance + technique**

- CONGRATULATIONS! All requirements have been accomplished and your child can move up to DOLPHIN. If this is not checked off your child needs more practice on skills in this level.

INSTRUCTOR COMMENTS:

Instructors

Date

● = Complete ◐ = In progress ○ = Incomplete