

Toddler Checklist

1 2 3 4 5 6 7 8

Instructor Name:

Skills

Enters water independently

Splashes water and accepts being splashed

Accepts being lifted in

Bounces to chin level

Walks across pool dock

Relaxes on front float

Relaxes on back float

Blows bubbles with mouth and nose for 3 seconds

Wears lifejacket

Demonstrates front crawl arms

Demonstrates flutter kick

Swims on noodle with minimum support

Reaches for toys while floating

Explores water off dock with teacher

Safety Topics

Lists pool rules with help

Identifies the lifeguard

Recognizes deep and shallow water

Recognizes safety equipment