



Star Fish Skills (Level I)

Blue Card

- _____ Enter and exit the water safely
- _____ Blow bubbles 3 seconds

GOAL

- _____ Bobbing 5 times with support

Blue Card

- _____ Pick up a submerged object
- _____ Supported Front glide and recover to a vertical position
- _____ Supported Back glide and recover to a vertical position

GOAL

- _____ Supported Back Floats for 5 seconds

Blue Card

- _____ Rolls from front to back and back to front with support
- _____ Treading water arm and hand actions
- _____ Uses alternating and simultaneous leg and arm actions on front with support
- _____ Uses alternating and simultaneous leg and arm actions on back with support
- _____ Uses combined arm and leg actions on front with support
- _____ Uses combined arm and leg actions on back with support
- _____ Safety Skill

GOAL

- _____ Combined arm and leg actions on front 2 body lengths (independently)

- EXIT SKILLS:**
- _____ 1. Enter independently, using either the ladder, step, or side, travel 5 yards, bob 5 times then safely exit the water.
 - _____ 2. Glide on front at least 2 body lengths, rollover onto back for 5 seconds, and recover to vertical position. (This can be done with support.)

_____ **Congratulations! You Completed Star Fish Level**

Starfish Swim on Front (Combined Stroke Using Any type of arm or Leg Action) Stroke Performance Criteria

Legs	Alternating or simultaneous kicking motion from a supported position
Arms	Alternating or simultaneous propulsive and recovery action from a supported position

Starfish Swim on Back (Combined Stroke Using Any type of arm or Leg Action) Stroke Performance Criteria

Legs	Alternating or simultaneous kicking motion from a supported position
Arms	Alternating or simultaneous propulsive and recovery action from a supported position