

# Munchkin Movement

fitness programs for kids

## Swim Skill Checklists

### GOLDFISH 1

Name \_\_\_\_\_



- \_\_\_\_\_ Sit down at steps without parent
- \_\_\_\_\_ Enter water with instructor
- \_\_\_\_\_ Blow bubbles
- \_\_\_\_\_ Sprinkle water over head
- \_\_\_\_\_ Swim independently
  - \_\_\_\_\_ w/ barbell and bubble combo
  - \_\_\_\_\_ w/ barbell
  - \_\_\_\_\_ w/ bubble
- \_\_\_\_\_ Retrieve underwater toy at steps while blowing bubbles
- \_\_\_\_\_ Monkey along wall w/ assistance
- \_\_\_\_\_ Climb out at wall w/ assistance
- \_\_\_\_\_ Jump in w/ assistance
- \_\_\_\_\_ Discuss swim safety
- \_\_\_\_\_ ***Congratulations, you're ready to move up to Goldfish 2***

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## Swim Skill Checklist GOLDFISH 2

Name \_\_\_\_\_



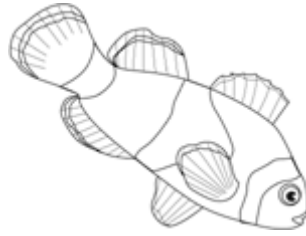
- \_\_\_\_\_ Put face in water
- \_\_\_\_\_ Blow bubbles w/ face in water
- \_\_\_\_\_ Swim w/ choice of flotation device while putting face in
- \_\_\_\_\_ Retrieve underwater toy at steps while putting face in
- \_\_\_\_\_ Monkey along wall in shallow end
- \_\_\_\_\_ Climb out at wall w/ minimal assistance
- \_\_\_\_\_ Climb in feet first at shallow end
- \_\_\_\_\_ Jump in at shallow end w/ minimal assistance
- \_\_\_\_\_ Rest on back w/ instructor
- \_\_\_\_\_ Push off from steps and glide to instructor
- \_\_\_\_\_ Swim 3 feet without flotation devices (on stomach or back)
- \_\_\_\_\_ Discuss swim safety
- \_\_\_\_\_ ***Congratulations, you're ready to move up to Clownfish 1***

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## Swim Skill Checklist CLOWNFISH 1

Name \_\_\_\_\_



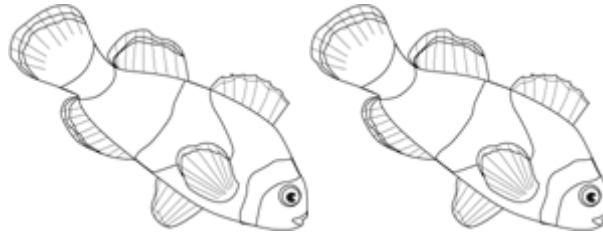
- \_\_\_\_\_ Blow bubbles through nose w/ face in water
- \_\_\_\_\_ "Dunk" under water
- \_\_\_\_\_ Bobbing – 5x in shallow end
- \_\_\_\_\_ Climb out at wall in shallow end
- \_\_\_\_\_ Jump in at shallow end
- \_\_\_\_\_ Monkey along wall in deep end w/ assistance
- \_\_\_\_\_ Climb out at ladder
- \_\_\_\_\_ Climb in feet first in deep end
- \_\_\_\_\_ Jump in at deep end w/ assistance
- \_\_\_\_\_ Jump in at deep end and float on back w/ assistance
- \_\_\_\_\_ Back float – 10 seconds w/ assistance
- \_\_\_\_\_ Front float – 5 seconds w/ assistance
- \_\_\_\_\_ Turn from front float to back float w/ assistance
- \_\_\_\_\_ Turn from back float to front float w/ assistance
- \_\_\_\_\_ Swim on front, roll to back float, swim on front sequence w/ assistance
- \_\_\_\_\_ Front glide from the stairs with face in water
- \_\_\_\_\_ Retrieve underwater toy in shallow end w/ assistance
- \_\_\_\_\_ Swim width of pool on front – shallow end
- \_\_\_\_\_ Swim width of pool on back – shallow end
- \_\_\_\_\_ Discuss swim safety
- \_\_\_\_\_ ***Congratulations, you're ready to move up to Clownfish 2***

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## Swim Skill Checklist CLOWNFISH 2

Name \_\_\_\_\_



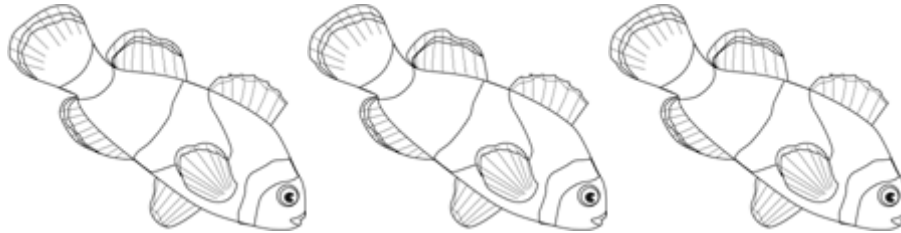
- \_\_\_\_\_ Bobbing – x5 deep end w/ wall
- \_\_\_\_\_ Monkey along wall in deep end
- \_\_\_\_\_ Climb out at wall in deep end
- \_\_\_\_\_ Jump in deep water, get to wall
- \_\_\_\_\_ Jump in deep water, float on back
- \_\_\_\_\_ Back float – 10 seconds
- \_\_\_\_\_ Front float – 5 seconds
- \_\_\_\_\_ Egg float – 5 seconds
- \_\_\_\_\_ Turn from front float to back float
- \_\_\_\_\_ Turn from back float to front float
- \_\_\_\_\_ Swim on front, roll to back float, swim on front sequence
- \_\_\_\_\_ Front glide from wall in shallow end– 1 body length
- \_\_\_\_\_ Back glide from wall in shallow end – 1 body length
- \_\_\_\_\_ Retrieve underwater toy in shallow end
- \_\_\_\_\_ Swim 1 body length underwater
- \_\_\_\_\_ Swim width of pool on front – deep end
- \_\_\_\_\_ Swim width of pool on back – deep end
- \_\_\_\_\_ Swim length of pool on front, back, or combo
- \_\_\_\_\_ Discuss swim safety
- \_\_\_\_\_ ***Congratulations, you're ready to move up to Starfish 1***

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## Swim Skill Checklist CLOWNFISH 3

Name \_\_\_\_\_



- \_\_\_\_\_ Bobbing – x5 deep end
- \_\_\_\_\_ Tread water – 10 seconds
- \_\_\_\_\_ Pencil jump
- \_\_\_\_\_ Seated dive
- \_\_\_\_\_ Back float – 20 seconds
- \_\_\_\_\_ Front float – 10 seconds
- \_\_\_\_\_ Front glide from wall in shallow end– 2 body lengths
- \_\_\_\_\_ Back glide from wall in shallow end – 1 body length
- \_\_\_\_\_ Retrieve multiple underwater toys in shallow end
- \_\_\_\_\_ Retrieve underwater toy in deep end w/ assistance
- \_\_\_\_\_ Swim 2 body lengths underwater
- \_\_\_\_\_ Swim length of pool on front
- \_\_\_\_\_ Swim length of pool on back
- \_\_\_\_\_ Basic front crawl arms
- \_\_\_\_\_ Basic back crawl arms
- \_\_\_\_\_ Discuss swim safety
- \_\_\_\_\_ ***Congratulations, you're ready to move up to Starfish 1***

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## Swim Skill Checklist STARFISH 1

Name \_\_\_\_\_



- \_\_\_\_\_ Swim width of pool front crawl w/ rhythmic breathing on 1 side
- \_\_\_\_\_ Swim width of pool back crawl
- \_\_\_\_\_ Swim width of pool elementary backstroke
- \_\_\_\_\_ Dolphin kick
- \_\_\_\_\_ Breast stroke kick
- \_\_\_\_\_ Back float in deep end – 30 seconds
- \_\_\_\_\_ Tread water – 30 seconds
- \_\_\_\_\_ Bobbing – 5 x in deep water
- \_\_\_\_\_ Front streamlined glide from wall in shallow end– 2 body lengths
- \_\_\_\_\_ Back streamlined glide from wall in shallow end – 2 body lengths
- \_\_\_\_\_ Swim 2 body lengths underwater
- \_\_\_\_\_ Retrieve multiple underwater toys in shallow end
- \_\_\_\_\_ Retrieve underwater toy in deep end w/ assistance
- \_\_\_\_\_ Pencil jump
- \_\_\_\_\_ Seated dive
- \_\_\_\_\_ Discuss swim safety
- \_\_\_\_\_ ***Congratulations, you're ready to move up to Starfish 2***

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## Swim Skill Checklist STARFISH 2

Name \_\_\_\_\_



- \_\_\_\_\_ Swim length of pool front crawl w/ bilateral breathing
- \_\_\_\_\_ Swim length of pool back crawl
- \_\_\_\_\_ Swim length of pool elementary backstroke
- \_\_\_\_\_ Swim width of pool basic butterfly
- \_\_\_\_\_ Swim width of pool basic breast stroke
- \_\_\_\_\_ Sidestroke kick
- \_\_\_\_\_ Back float in deep end – 1 min
- \_\_\_\_\_ Tread water – 1 min
- \_\_\_\_\_ Bobbing – 10 x in deep water
- \_\_\_\_\_ Front streamlined glide in deep end – 2 body lengths
- \_\_\_\_\_ Back streamlined glide in deep end – 2 body lengths
- \_\_\_\_\_ Swim 3 body lengths underwater
- \_\_\_\_\_ Retrieve underwater toy in deep end
- \_\_\_\_\_ Kneeling dive
- \_\_\_\_\_ Surface dive – either feet first or hands first
- \_\_\_\_\_ Open turn – freestyle
- \_\_\_\_\_ Discuss swim safety
- \_\_\_\_\_ ***Congratulations, you're ready to move up to Starfish 3***

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## Swim Skill Checklist STARFISH 3

Name \_\_\_\_\_



- \_\_\_\_\_ 1 lap of pool freestyle
- \_\_\_\_\_ 1 lap of pool backstroke
- \_\_\_\_\_ 1 lap of pool elementary backstroke
- \_\_\_\_\_ 1 length of pool breaststroke
- \_\_\_\_\_ 1 length of pool butterfly
- \_\_\_\_\_ 1 length of pool sidestroke
- \_\_\_\_\_ IM (individual medley) – 1 length each of butterfly, backstroke, breaststroke, freestyle w/out stopping
- \_\_\_\_\_ 1 width of side streamline kick (both sides)
- \_\_\_\_\_ 1 width of pool body dolphin (head leading OR hands leading)
- \_\_\_\_\_ Back float – 3 min
- \_\_\_\_\_ Tread water – 3 min
- \_\_\_\_\_ 10 streamlined bobs
- \_\_\_\_\_ Front streamlined push off underwater w/ dolphin kick
- \_\_\_\_\_ Back streamlined push off underwater w/ dolphin kick
- \_\_\_\_\_ Breast stroke pull out
- \_\_\_\_\_ Swim width of pool underwater
- \_\_\_\_\_ Retrieve multiple underwater toys in deep end
- \_\_\_\_\_ Standing dive
- \_\_\_\_\_ Freestyle flip turns
- \_\_\_\_\_ Discuss swim safety