

# SCUBA DOGS - "PADI SWIM SCHOOL" PROGRESSION SHEET

MY GOAL: \_\_\_\_\_

LEVELS	WHITE PATCH		RED PATCH		YELLOW PATCH		BLUE PATCH		GREEN PATCH	
	SAFETY BENCHMARK	SWIM SKILL BENCHMARK	SAFETY BENCHMARK	SWIM SKILL BENCHMARK	SAFETY BENCHMARK	SWIM SKILL BENCHMARK	SAFETY BENCHMARK	SWIM SKILL BENCHMARK	SAFETY BENCHMARK	SWIM SKILL BENCHMARK
STARFISH SCHOOL	CORE: Trust & Comfort		CORE: Body Positions		CORE: Submersion		CORE: Recovery & Rollover		CORE: Forward Movement	
	Guardian understand importance of constant and dedicated surveillance.	Guardian and I are relaxed, confident and enjoy being in the water.	Life jacket put on the child.	5 seconds in front, back, vertical and side positions.	Use float to help someone in water and called 911.	enters from the wall dives, spins, grabs the wall and up (helped).	Identifies six methods to prevent recreational water illness	enters from the wall, dips, rises and breathe unassisted.	Familiari-zarse with CPR for children and infants.	10 '@ solit Move in water, with or without flotation.
	Date & Instructor Signature: _____		Date & Instructor Signature: _____		Date & Instructor Signature: _____		Date & Instructor Signature: _____		Date & Instructor Signature: _____	
SWIM SCHOOL	CORE: Trust and Immersion		CORE: Position & Recovery		CORE: Forward & Direction		META Rotary Movement		CORE: Integrated Movement	
	Always ask permission before entering the water.	Assisted dives, relaxed for 5 seconds and grab air.	Flotation device, fleet gets back, boots 20 '.	Water jump, takes air, turn back for 5 sec (with swimwear and clothing).	Reaches or spear, do not dive; know how activate 911.	Jumps in water, gets air, swims 10 'and back wall (with swimwear and clothing).	You can tread water treading water for 15 seconds.	It jumps to water, immersed, picks air side position and boots 10 '.	Survival fleet-vival and kick-dose mantenien water for 30 sec.	Begins aside and nothing free 30 'with breathing pattern 1-2-3.
	Date & Instructor Signature: _____		Date & Instructor Signature: _____		Date & Instructor Signature: _____		Date & Instructor Signature: _____		Date & Instructor Signature: _____	
STROKE SCHOOL	CORE: Freestyle		CORE: Backstroke		CORE: Butterfly		CORE: Breaststroke		CORE: Endurance	
	Always ask permission before entering the water.	Nothing 30 'free; nothing 30 'back to "triple-switch drill"	life jacket in water is placed, boots 30'.	Nothing 30 'back; performs "drill" push under water for 15 '.	Use buoyancy to reach or throw swimmer; 911.known activate	Nothingfour butterfly strokes with one breath; the rest of the clearance.	Discusses security concepts.	Nothing 30 'breaststroke with good coordination and extension.	Fleet survival and thrashes buoyed water for 2 minutes.	50mtr free; 50mtr back; 25mtr butterfly; 50mtr chest; "flip turns & open".
	Date & Instructor Signature: _____		Date & Instructor Signature: _____		Date & Instructor Signature: _____		Date & Instructor Signature: _____		Date & Instructor Signature: _____	

NAME: \_\_\_\_\_



DATE: \_\_\_\_\_