

Swimming
Wave

CONGRATULATIONS

This is to certify that _____ has achieved the following criteria.



LEVEL 1

DATE : _____

CHECK LIST

- Breathing:**
Bubble from nose or mouth
(if nose not possible)
- Floating:**
Straight leg and arm & relaxed
- Kicking:**
No bending leg

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This is to certify that _____ has achieved the following criteria.



LEVEL 2

DATE : _____

CHECK LIST

FREESTYLE

Kick:
SMALL and FAST
with straight legs

Arm:
Action From 1 to 7
Specially Action 2&3

Breathing:
Chin close to shoulder

BACKSTROKE

Kick:
SMALL and FAST with straight leg

Arm:
Action 1 to 6 -> STRAIGHT ARM

Body position:
Hips close to the surface &
Half of face in the water

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CONGRATULATIONS

This is to certify that _____ has achieved the following criteria.



LEVEL 3

DATE : _____

CHECK LIST

FS& BK PROPERLY

BREASTSTROKE

- Ankle outwards properly
- Knee's position
- Gliding after kick
- Arm: No PULLING DOWN

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CONGRATULATIONS

This is to certify that _____ has achieved the following criteria.



LEVEL 4

DATE : _____

CHECK LIST

FREESTYLE

- Under water arm action
- Recovery with high elbow and relaxed arm
- Backstroke & Breaststroke properly

BUTTERFLY

- Proper body moving (Up & Down)
- Timing between arms and 2 kicks
- Recovery with straight arms

START

- Fingers entry first
- Straight legs
- Streamline position