TEEN SWIM CHECK-OFF REQUIREMENTS

Club

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Name	Breath holding/Rhythmic Breathing	Prone float/Prone glide	Supine float/Supine glide	Kick glide on the front	Kick glide on the back	Arm stroke (Human Stroke or Dog Paddle	Arm stroke - supine	Combine stroke on the front	Combine stroke on the back	Change of direction	Turning over (front to back)	Leveling off	Survival float	Feet first jump into waist-deep water; then swim	Jump into deep water; level; then swim	Cramp release - demonstrate	Artificial respiration - demonstrate	Know prevention/causes of accidents in/around water	Arm & leg extension rescue
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