

HOFSTRA UNIVERSITY CAMP

SWIM RECORD CARD

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NAME _____ Grade (As of September) _____

M F

Daytime Telephone _____

Highest Red Cross Swim card earned: Level _____ Card issued by: _____

If camper has not earned a swim card, please check skills below. Be conservative.

- | | |
|--|---|
| 1. Submerge face in water for 3 seconds <input type="checkbox"/> YES <input type="checkbox"/> NO | 6. Retrieve submerged object 4 feet deep <input type="checkbox"/> YES <input type="checkbox"/> NO |
| 2. Can jump into water over head <input type="checkbox"/> YES <input type="checkbox"/> NO | 7. Can tread water- 30 seconds <input type="checkbox"/> YES <input type="checkbox"/> NO |
| 3. Float on water face down - 5 seconds <input type="checkbox"/> YES <input type="checkbox"/> NO | 8. Can crawl stroke w/proper breathing <input type="checkbox"/> YES <input type="checkbox"/> NO |
| 4. Float on water face up - 5 seconds <input type="checkbox"/> YES <input type="checkbox"/> NO | 9. Can shallow dive from pool side <input type="checkbox"/> YES <input type="checkbox"/> NO |
| 5. Can swim under water- 10 feet <input type="checkbox"/> YES <input type="checkbox"/> NO | 10. Only swims with head above water <input type="checkbox"/> YES <input type="checkbox"/> NO |

If child fears water and/or avoids pool activities - EXPLAIN _____

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GROUP _____

LEVEL I

- Fully submerge face 3 seconds
- Bob to chin level 10 times
- Supported Front Float
- Supported Back Float
- Blow Bubbles
- Move 5 yards along side of pool
- Supported kicking on front
- Supported kicking on back
- Alternate arm movement for 10 seconds

LEVEL II

- Hold Breath submerged 3 seconds
- Retrieve submerged object
- Front Float 5 seconds
- Back Float 5 seconds
- Flutter kick on front
- Flutter kick on back
- Back Crawl arm action
- Combined stroke on front 5 yards
- Combined stroke on back 5 yards

LEVEL III

- Jump into pool
- Dive: Kneeling or Compact
- Prone glide with push-off
- Back glide with push-off
- Front Crawl 10 yards
- Back Crawl 10 yards
- Elementary backstroke kick 10 yards
- Turns: reverse direction
- Tread water

LEVEL IV

- Standing Front Dive
- Sculling on Back 5 yards
- Elementary Backstroke 10 yards
- Front Crawl 25 yards w/breathing
- Back Crawl 25 yards
- Breaststroke Kick 10 yards
- Sidestroke Scissors Kick 10 yards
- Tread water 2 minutes

LEVEL V

- Stride Jump
- Long shallow dive
- Breaststroke 10 yards
- Sidestroke 10 yards
- Swim under water 3 body lengths
- Elementary Backstroke 25 yards
- Butterfly kick 10 yards
- Front Crawl 50 yards
- Back Crawl 50 yards
- Open turns
- Tread water 2 minutes with 2 different kicks

LEVEL VI

- Board dive
- Swim under water 3 body lengths
- Elementary Backstroke 25 yards
- Butterfly kick 10 yards
- Front Crawl 100 yards with at least 1 turn
- Back Crawl 100 yards with at least 1 turn
- Breaststroke 25 yards
- Sidestroke 25 yards
- Butterfly 10 yards
- Breaststroke turn
- Flip turn
- Pike/Tuck surface dives

LEVEL VII

- Board dive 1 position
- Swim any combination of strokes 500 yards
- Front Crawl 200 yards
- Swim under water 15 yards
- Back Crawl 100 yards
- Breaststroke 50 yards
- Sidestroke 50 yards
- Butterfly 25 yards
- Backstroke flip turn
- Tread water 5 minutes
- Retrieve Diving Brick at least 10 feet deep

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Camper's Name