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 ☐ YES ☐ NO
2. Can jump into water over head ☐ YES ☐ NO
3. Float on water face down - 5 seconds ☐ YES ☐ NO
4. Float on water face up - 5 seconds ☐ YES ☐ NO
5. Can swim under water- 10 feet ☐ YES ☐ NO
6. Retrieve submerged object 4 feet deep ☐ YES ☐ NO
7. Can tread water- 30 seconds ☐ YES ☐ NO
8. Can crawl stroke w/proper breathing ☐ YES ☐ NO
9. Can shallow dive from pool side ☐ YES ☐ NO
10. Only swims with head above water ☐ YES ☐ 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

Camper’s Name ____________________________

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