



## Swim Lesson Rubrics

Participants								
SLI NAME: _____								
DATE/TIME: _____								
ATC: _____								
LOCATION: _____	I	2	3	4	5	6	7	8
Skills(s) <b>BASIC</b>								
Acclimation to water								
Assisted & gentle face & nose submersion								
Back float assisted								
<b>ADVANCED</b>								
Level I								
Roll face-up (roll-to-breathe) submerged assisted								
Come to surface from a submersion								
Independence from parent(s)								
Level II								
Roll face-up (roll-to-breathe) submerged								

unassisted

Full submersion; roll face-up (roll-to-breathe); back float 20-30 seconds all unassisted

Jumping or falling into the pool from edge with full submersion; roll face-up (roll-to-breathe); back float 20-30 seconds

Instructional Lessons Rubric	Participants							
SLI NAME: _____								
DATE/TIME: _____								
ATC: _____								
LOCATION: _____								
	I	2	3	4	5	6	7	8
Skills(s)								
<b>PARENT-CHILD</b>								
Level I								
Water entry with parent								
Blowing bubbles on the surface assisted								
Placing chin in the water								
Assisted with full support back float								
Assisted roll face-up								
Grab wall unassisted								
Front float with chin in water assisted								
Water exit with parent								
Level II								
Water entry assisted								
Blowing bubbles with face submerged assisted								
Placing chin in the water & blow bubbles								
Assisted with one hand supporting head back float								
Grab wall & crawl out of pool assisted								
Front float with chin in water & blow bubbles assisted								
Water exit assisted								
<b>LIL TYKES</b>								
Level I								
Water entry unassisted								

Blowing bubbles on the surface assisted								
Place full face in water & blow bubbles								
Roll face-up assisted								
Back float 8-10 seconds with unassisted recovery								
Back glide 5-10 feet assisted								
Front float 8-10 seconds with unassisted recovery								
Front glide assisted								
Water exit unassisted								
Level II								
Submerge full face unassisted to see bottom of pool								
Roll face-up unassisted								
Back float 11-20 seconds with unassisted recovery								
Back glide 11-15 feet unassisted								
Front float 11-20 seconds with unassisted recovery								
Front glide 5-10 feet unassisted								
Swim 5-10 feet assisted								
Level III								
Submerge full face to grab an object under water								
Elementary backstroke 10-15 feet unassisted								
Swim front stroke 10-15 feet unassisted								
Roll unassisted from belly to back & back to belly								

Swim 5-10 feet unassisted; float 11-20 seconds unassisted; swim 5-10 feet unassisted								
Demonstrate flutter kick; scissor kick; frog kick underwater								
Tread water unassisted 30-60 seconds								
<b>INCLUSIVE</b>								
Level I								
Swim front stroke 15-25 feet unassisted								
Swim elementary backstroke 15-25 feet unassisted								
Tread water unassisted for 60-80 seconds								
Dive entry from seated position on edge								
Combination of: 25 feet front crawl; roll from belly to back unassisted; 25 feet elementary back stroke; 1 minute treading water								
Demonstrate butterfly kick								
Level II								
Freestyle flip turn assisted								
Head-first entry from sitting r kneeling position on edge								
Swim freestyle 50 yards								
Swim backstroke 50 yards								
Swim breaststroke 50 yards								
Swim sidestroke 50 yards								
Swim butterfly 50 yards								
Freestyle flip turn - unassisted								
Backstroke flip turn unassisted								
Head-first entry from standing position on edge								

Instructional Lessons Rubric	Participants							
SLI NAME: _____								
DATE/TIME: _____								
ATC: _____								
LOCATION: _____	1	2	3	4	5	6	7	8
Skills(s)								
<b>Splashers</b>								
Acclimation to water								
Water entry & exit unassisted								
Jumping or falling into the pool from edge with full submersion								
Back float unassisted 20-30 seconds								
Back glide unassisted								
Elementary backstroke 20-30 feet								
Jumping or falling into the pool from edge with full submersion; roll face-up; back float 20-30 seconds all unassisted								
<b>Flippers</b>								
Front glide unassisted								
Wall start; front glide; roll face-up; back float 20-30 seconds								
Flutter kick while streamlined with kickboard unassisted 20-30 feet								
Swim front stroke 10-15 feet; roll face-down; roll face-up; swim 10-15 feet to wall								
Beginner backstroke 10-15 yards unassisted								
Beginner freestyle 10-15 yards unassisted								

Fins								
Demonstrate side breathing								
Backstroke unassisted 200 yards								
Freestyle unassisted 200 yards								
Butterfly kick assisted or using kickboard 10-15 yards								
Tread water 1 minute unassisted using legs and arms								
Breaststroke 100 yards								
Butterfly 50 yards								
Flip & Open Turns unassisted								

Adult & Special Abilities Lessons Rubric	Participants							
SLI NAME: _____								
DATE/TIME: _____								
ATC: _____								
LOCATION: _____	1	2	3	4	5	6	7	8
Skills(s)								
Adults								
Swim Concepts								
Back float unassisted 20-30 seconds								
Roll from face-down to face-up & vice-versa								
Any forward stroke 15-20 yards								
Head-first entry (seated, kneeling, or standing on edge)								
Any backward stroke 15-20 yards								
Demonstrate kicks: flutter, breaststroke, butterfly; egg-beater, scissor, frog								
Tread water with legs only 1 minute								
Swim Strokes								
Freestyle 25 yards								
Backstroke 25 yards								
Breaststroke 15-20 yards								
Butterfly 10-15 yards								
Demonstrate resting stroke – elementary backstroke 10-15 yards								
Demonstrate recovery stroke – sidestroke 10-15 yards								
Head-first entry from starting block								



(optional)								
Demonstrate side breathing								
Tread water with legs only 2 minutes								
Swim Exercise								
Freestyle 50 yards								
Backstroke 50 yards								
Breaststroke 50 yards								
Butterfly 20-30 yards								
Combo stroke – 25 yards continuous of each: freestyle, backstroke, butterfly								
Freestyle 25-50 yards & flip turn								
Backstroke 25-50 yards & flip turn								
Breaststroke 25-50 yards & open turn								
Head-first surface dive & retrieve object at bottom of pool								
<b>Special Abilities</b>								
Level I								
Swim Concepts								
Back float unassisted 20-30 seconds								
Roll from face-down to face-up & vice-versa								
Any forward stroke 15-20 yards								
Head-first entry (seated, kneeling, or standing on edge)								
Any backward stroke 15-20 yards								
Demonstrate kicks: flutter, breaststroke, butterfly; egg-beater, scissor, frog								
Tread water with legs only 1 minute								
Swim Strokes								
Freestyle 25 yards								
Backstroke 25 yards								
Breaststroke 15-20 yards								
Butterfly 10-15 yards								

Demonstrate resting stroke – elementary backstroke 10-15 yards								
Demonstrate recovery stroke – sidestroke 10-15 yards								
Head-first entry from starting block (optional)								
Demonstrate side breathing								
Tread water with legs only 2 minutes								
Swim Exercise								
Freestyle 50 yards								
Backstroke 50 yards								
Breaststroke 50 yards								
Butterfly 20-30 yards								
Combo stroke – 25 yards continuous of each: freestyle, backstroke, butterfly								
Freestyle 25-50 yards & flip turn								
Backstroke 25-50 yards & flip turn								
Breaststroke 25-50 yards & open turn								
Head-first surface dive & retrieve object at bottom of pool								
Level II								
Back float (assisted or unassisted)								
Face & nose submersion (assisted & unassisted)								
Full submersion (assisted or unassisted)								
Roll face-up (roll-to-breathe) on surface (assisted or unassisted)								
Roll face-up (roll-to-breathe) submerged (assisted or unassisted)								
Roll face-up (roll-to-breathe) & float 10-20 seconds unassisted								
Independence from parent(s) depending on participant age								

Level III								
Playing from pool's edge/deck: kicking, toys, splashing								
Safe water entries & exits								
Face & nose submersion assisted								
Blowing bubbles at surface								
Introduction of full submersion (face, nose, eyes, ears)								
Importance of safety in, on, and around the water (life jackets, sun protection, pool rules, calling 911/help, etc)								
Additional in-water sensory play activities (pool noodles, kickboards, etc)								