



Lake Champlain

**MARITIME MUSEUM** *Preserving and sharing the history of Lake Champlain*

## Snorkeling & Swimming Competency

Name of Student: \_\_\_\_\_

### How to Evaluate Swimming Skills?

#### A Non-Swimmer:

- This camp is not designed to teach swimming skills. Only participants with beginning swimming skills will be allowed to participate in snorkeling activities. If participant is a non-swimmer, other activities will be substituted.

#### A Beginning Swimmer Can:

- Hold breath while submerged.
- Perform front and back float.
- Perform flutter kick, front and back.
- Swim at least 20 feet without stopping.

#### An Accomplished Swimmer Can:

- All beginner skills.
- Swim underwater holding breath.
- Perform multiple strokes.
- Swim at least 100 feet without stopping.

### How Would You Rate the participant's swimming ability?

- Non-Swimmer
- Beginner Swimmer
- Accomplished Swimmer

Is there anything else we need to know?

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