

Adapted Aquatics Program

Special Olympics
Texas



ATHLETE INFO	
Name	
Date of Birth	
Physical and Behavior Problems	
Special Equipment or Clothing Needed	
Dressing and Undressing Skills	

Scale of Progress	
-	resists all attempts
O	does nothing
	shows positive response tries with help
+	tries independently
G	goal reached

TARGET SKILLS										
Date (Month & Day)										
1. Enjoys Water										
2. Interacts with Others										
3. Initiates Play with Others										
4. Avoids Self Abuse										
5. Avoids Aggressive Behavior										
6. Sits on the Edge of the Pool										
7. Gets in Pool										
8. Gets out of Pool										
9. Supports Self Holding on Edge										
10. Walks Across Pool										
11. Floats on Back with Flotation Device (FD)										
12. Kicks on Back with FD										
13. Arm Strokes on Back with FD										
14. Back Swims Across Pool with FD										
15. Imitates Blowing Bubbles										
16. Puts Face in Water										
17. Front Floats with FD										
18. Front Arm Strokes with FD										
19. Front Kicks with FD										
20. Rolls Front to Back with FD										
21. Back Floats without FD										
22. Back Swims without FD										
23. Rhythmic Breathing										
24. Front Floats without FD										
25. Front Swims without FD										
26. Rolls Front to Back without FD										

Other Notes: