

Swimming Lesson Progress Report

Student: _____

Instructor: _____

Session Date: _____

___ Enter water by stepping in from deck or low height

___ Exit water using ladder, steps, or side

___ Bobbing, 5 times

___ Open eyes underwater and retrieve submerged objects.

___ Front glide and recover to vertical position

___ Front float for 3 seconds

___ Back glide and recover to vertical position

___ Back float for 15 seconds

___ Roll from front to back and back to front

___ Tread water using arm and leg actions for 15 seconds

___ Combined arm and leg actions on front

___ Finning arm action on back

___ Combined arm and leg actions on back

You have successfully completed all skills and are ready to enroll in the next level. _____

Key:

C = Complete

NP = Needs Practice

NC = Not Covered



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