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

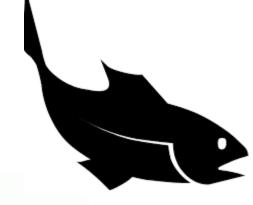
Finning arm action on back

Combined arm and leg actions on back

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



Minnow 2





Key:

C =Complete

NP =Needs Practice

NC = Not Covered