

Swimming Lesson Progress Report

Student: _____

Instructor: _____

Session Date: _____

- ___ Jump into shoulder deep water
- ___ Fully submerge and hold breath for 10 seconds
- ___ Bobbing, 10 times
- ___ Rotary breathing
- ___ Front glide and recover to vertical position
- ___ Front jellyfish and tuck floats for 10 seconds
- ___ Back glide and recover to vertical position
- ___ Back float for 15 seconds
- ___ Change direction of travel while swimming on front or back
- ___ Tread water for 30 seconds
- ___ Combined arm and leg actions on front
- ___ Finning arm action on back
- ___ Combined arm and leg actions on back

Key:

C = Complete

NP = Needs Practice

NC = Not Covered

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



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