

Swimming Lesson Progress Report

Student: _____

Instructor: _____

Session Date: _____

- ___ Shallow-angle dive into deep water
- ___ Tuck surface dive
- ___ Pike surface dive
- ___ Tread water for 5 minutes
- ___ Tread water, using legs only, for 2 minutes
- ___ Sculling for 30 seconds
- ___ Front crawl for 50 yards
- ___ Elementary backstroke for 50 yards
- ___ Breaststroke for 25 yards
- ___ Back crawl for 25 yards
- ___ Butterfly for 25 yards
- ___ Sidestroke for 25 yards
- ___ Front flip turn
- ___ Backstroke flip turn

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



Pre-competition 1

Key:

C = Complete

NP = Needs Practice

NC = Not Covered

