

## Swimming Lesson Progress Report

Student: \_\_\_\_\_

Instructor: \_\_\_\_\_

Session Date: \_\_\_\_\_

\_\_\_ Enter water using ramps, steps, or side

\_\_\_ Exit water using ramps, steps, or side

\_\_\_ Blow bubbles for 3 seconds

\_\_\_ Bobbing, 5 times

\_\_\_ Open eyes underwater and retrieve submerged objects.

\_\_\_ Front glide and recover to vertical position

\_\_\_ Back glide and recover to vertical position

\_\_\_ Back float for 5 seconds

\_\_\_ Roll from front to back and back to front

\_\_\_ Alternating and simultaneous leg actions and arm actions on front

\_\_\_ Alternating and simultaneous leg actions and arm actions on back

\_\_\_ Combined arm and leg actions on front

\_\_\_ 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



# Shark 1

