

## Swimming Lesson Progress Report

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

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

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

- \_\_\_ Step or Jump into shoulder-deep water
- \_\_\_ Exit water using ladder, steps, or side
- \_\_\_ Fully submerge and hold breath
- \_\_\_ Bobbing, 10 times
- \_\_\_ Open eyes underwater and retrieve submerged objects.
- \_\_\_ Rotary breathing
- \_\_\_ Front, jellyfish and tuck floats for 10 seconds
- \_\_\_ Front glide and recover to vertical position
- \_\_\_ Back glide and recover to vertical position
- \_\_\_ Back float for 15 seconds
- \_\_\_ Roll from front to back and back to front
- \_\_\_ Tread water for 15 seconds
- \_\_\_ Combined arm and leg actions on front
- \_\_\_ Change direction of travel while swimming on front or 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 2

