

Swimming Lesson Progress Report

Student: _____

Instructor: _____

Session Date: _____

___ Jump into deep water from the side, submerge,
return to the surface then to side

___ Headfirst entry from the side in seated and
kneeling position

___ Bobbing while moving to safety

___ Rotary breathing

___ Survival float for 30 seconds

___ Back float for 1 minute

___ Tread water for 1 minute

___ Change from vertical to horizontal position on
front and back

___ Push off in streamlined position on front, then
begin kicking

___ Swim front crawl for 15 yards

___ Swim elementary backstroke for 15 yards

___ Flutter, scissors, breaststroke, and dolphin
kicks

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



Shark 3



Key:

C = Complete

NP = Needs
Practice

NC = Not
Covered

