

Swimming Lesson Progress Report

Student: _____

Instructor: _____

Session Date: _____

___ Headfirst entry in compact and stride positions

___ Feetfirst surface dive

___ Swim underwater

___ Tread water, using 2 different kicks

___ Survival swimming for 1 minute

___ Front crawl for 25 yards

___ Elementary for 25 yards

___ Breaststroke for 15 yards

___ Back crawl for 15 yards

___ Butterfly for 15 yards

___ Sidestroke for 15 yards

___ Open turns on the front and back

___ Flutter kick and dolphin kicks on back

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

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



Super Strokes



Key:

C = Complete

NP = Needs Practice

NC = Not Covered

