Student:	Instructor:	Date:
My next stage should be: 1 / Water Acclimation 2 / W	ater Movement	
Swimming Skills Developed		🗙 achieved 🛛 taught, but yet to be achieved
Submerge bob independently		Roll assisted, back to front & front to back
Front glide assisted, to wall, 5 ft.		Front float assisted, 10 secs., recover independently
Water exit independently		Back glide assisted, at wall, 5 ft.
Jump, push, turn, grab assisted		Swim, float, swim assisted, 10 ft.
Back float assisted, 10 secs., recover independently		
		YMCA Swim Lesso
1 / WATER ACCLIMATION		Mid-Session Repo
1 / WATER ACCLIMATION	Instructor:	Mid-Session Repo
Student:	Instructor: ater Movement	
Student:	ater Movement	
Student: My next stage should be:1 / Water Acclimation 2 / W	ater Movement	Date:
Student: My next stage should be: 1 / Water Acclimation 2 / W Swimming Skills Developed	ater Movement	Date: Date:
Student: My next stage should be: 1 / Water Acclimation 2 / W Swimming Skills Developed Submerge bob independently Front glide	ater Movement	Date: ☑ achieved ☑ taught, but yet to be achieved ☐ Roll assisted, back to front & front to back ☐ Front float
Student:	ater Movement	□ Date:
Student: My next stage should be: 1 / Water Acclimation 2 / W Swimming Skills Developed Submerge bob independently Front glide assisted, to wall, 5 ft. Water exit independently Jump, push, turn, grab	ater Movement	 Date: Date: Date: Date: Back glide assisted, back to front & front to back Front float assisted, 10 secs., recover independently Back glide assisted, at wall, 5 ft. Swim, float, swim

Swimmer Feedback

l'm awesome at:	l can improve on:

Swimmer Feedback

l'm awesome at:	l can improve on: