






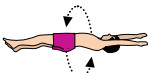


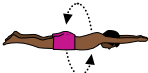
Student: _____ Instructor: _____ Date: _____

My next stage should be: 1 / Water Acclimation 2 / Water Movement

Swimming Skills Developed

achieved taught, but yet to be achieved

-  **Submerge**
bob independently
-  **Front glide**
assisted, to wall, 5 ft.
-  **Water exit**
independently
-  **Jump, push, turn, grab**
assisted
-  **Back float**
assisted, 10 secs., recover independently






-  **Roll**
assisted, back to front & front to back
-  **Front float**
assisted, 10 secs., recover independently
-  **Back glide**
assisted, at wall, 5 ft.
-  **Swim, float, swim**
assisted, 10 ft.

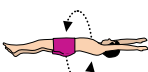


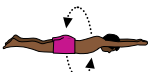
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Swimmer Feedback

I'm awesome at:

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I can improve on:

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Swimmer Feedback

I'm awesome at:

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I can improve on:

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