

Student: \_\_\_\_\_ Instructor: \_\_\_\_\_ Date: \_\_\_\_\_

My next stage should be:  A / Water Discovery  B / Water Exploration

**Swimming Skills Developed**

achieved  taught, but yet to be achieved



**Blow bubbles**  
on surface, assisted



**Roll**  
assisted, back to front & front to back



**Front tow**  
chin in water, assisted



**Front float**  
chin in water, assisted



**Water exit**  
parent & child together



**Back tow**  
assisted, head on shoulder



**Water entry**  
parent & child together



**Wall grab**  
assisted



**Back float**  
assisted, head on shoulder

Student: \_\_\_\_\_ Instructor: \_\_\_\_\_ Date: \_\_\_\_\_

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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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