

Back float

assisted, head on chest

the

Student:		Instructor:	Date:
My next stage	should be: B / Water Exploration 1 / Wa	ater Acclimation	
Swimming	g Skills Developed		🗙 achieved 🛛 taught, but yet to be achieved
	Blow bubbles mouth & nose submerged, assisted		Roll assisted, back to front & front to back
	Front tow blow bubbles, assisted	*	Front float blow bubbles, assisted
	Water exit assisted		Back tow assisted, head on chest
	Water entry assisted	8	Monkey crawl assisted, on edge, 5 ft.
	Back float assisted, head on chest		
			YMCA Swim Lessons
he B	/ WATER EXPLORATION		Mid-Session Report
S. S	O / WATER EXPLORATION	Instructor:	Mid-Session Report
Student:			
Student: My next stage			
Student: My next stage	should be: B / Water Exploration 1 / Wa		Date:
Student: My next stage	should be: B / Water Exploration 1 / Wa g Skills Developed Blow bubbles		□ Roll
Student: My next stage	should be: B / Water Exploration 1 / Wa g Skills Developed Blow bubbles mouth & nose submerged, assisted Front tow		Date: ✓ achieved ⊘ taught, but yet to be achieved ✓ Roll assisted, back to front & front to back ✓ Front float

Swimmer Feedback

l'm awesome at:	l can improve on:

Swimmer Feedback

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