

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

My next stage should be:  B / Water Exploration  1 / Water Acclimation

**Swimming Skills Developed**



**Blow bubbles**  
mouth & nose submerged, assisted



**Front tow**  
blow bubbles, assisted



**Water exit**  
assisted



**Water entry**  
assisted



**Back float**  
assisted, head on chest



achieved  taught, but yet to be achieved  
 **Roll**  
assisted, back to front & front to back



**Front float**  
blow bubbles, assisted



**Back tow**  
assisted, head on chest



**Monkey crawl**  
assisted, on edge, 5 ft.

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## Swimmer Feedback

I'm awesome at:

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I can improve on:

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I can improve on:

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