

North Suburban YMCA

Swim Lessons Progress Report

Polliwogs - Levels 1 & 2

Student: _____

Session: _____

Class: _____

Instructor: _____

Next Level: _____

Comments:



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Comments:



Swimming & Water Skills	Achieved	Working on skill set
Enter water without assistance		
Exit water without assistance		
Bob in water independently		
Retrieve object off bottom of pool		
Jump in deep water unassisted and swim to side		
Front crawl 1/2 pool (45 feet) with face in water unassisted		
Front glide 3 yards without assistance		
Front crawl kick 25 yards with kickboard		
Tread water 30 seconds in deep water		
Back flutter kick 25 yards with kickboard		
Back kick 5 yards		
Back glide 3 yards without assistance		
Swim, float on back and swim back to wall in deep end of pool		

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