

PROGRESS CARD



Instructor: Missy
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MISSY

has completed Eel – Level 2

INSTRUCTOR'S FEEDBACK

Missy has been an outstanding swimmer this session and has completed Eel – Level 2. Her front crawl is very good for Eel – Level 2. Missy should try to become more comfortable on her back by practicing back kicking to get used to the position. She is very comfortable putting her face in the water. Congratulations Missy good luck in your next swim level.

SKILLS

✓ Eel level is complete

Stroke Development

- ✓ Enter water independently
- ✓ Exit water independently
- ✓ Float on back unassisted
- ✓ Bob in water independently
- ✓ Look for object on bottom of pool
- ✓ Jump in deep water unassisted
- ✓ Front crawl swim 25 yards with assistance
- ✓ Front crawl 5 yards unassisted with face in water
- ✓ Front crawl 10 yards unassisted with face in water

- ✓ Back kick 5 yard without assistance
- ✓ Back kick 15 yard without assistance
- ✓ Front glide 5 feet without assistance
- ✓ Back glide 5 feet without assistance
- ✓ Swim, float on back and swim back to wall
- ✓ Jump in, swim 10 feet, back float and return to wall

Swimmer's Personal Growth

- ✓ Is confident in the pool
- ✓ Listens to instructions & follows directions
- ✓ Comfortable in water
- ✓ Works hard during class

Next Session is Spring 2023 - April 3 to June 4. Missy will swim in Ray – Level 3 level class next swim session. Keep practicing your swimming and we hope to see you in the pool.