



PROGRESS CARD



Instructor: Missy

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MISSY

has completed Fish – Level 6

INSTRUCTOR'S FEEDBACK

Missy has been an outstanding swimmer this session and has completed Fish – Level 6. Her front crawl is very good for Fish – Level 6. Missy should continue to develop her endurance to prepare for and exceed levels' endurance requirements. Her flutter kick is initiated at the hip and moves her quickly through the water. Congratulations Missy good luck in your next swim level.

SKILLS

✓ Fish level is complete

Stroke Refinement

- ✓ Underwater glides and retrieve objects
- ✓ Freestyle kick 100 yards without stopping
- ✓ Freestyle kick 150 yards without stopping
- ✓ Freestyle swim 100 yards with open turns
- ✓ Backstroke swim 50 yards with effective kick
- ✓ Breaststroke kick 25 yards and glide
- ✓ Breaststroke 50 yards kick only with kickboard and glide
- ✓ Breaststroke swim 15 yards with pull, kick, glide
- ✓ Breaststroke swim 25 yards with pull, kick, glide
- ✓ Butterfly kick 15 yards
- ✓ Butterfly kick 25 yards
- ✓ Butterfly swim 20 feet
- ✓ Butterfly swim 15 yards

Deep Water Skills

- ✓ Front glide 3 yards into front crawl and swim 25 yards
- ✓ Back glide 3 yards into backstroke and swim 25 yards
- ✓ Tread water 2 minutes with breast stroke kick

Diving Skills

- ✓ Kneeling Dive
- ✓ Standing Dives from side
- ✓ Standing Dive off diving block
- ✓ Surface dive feet first
- ✓ Surface dive head first
- ✓ Competitive Dive

Swimmer's Personal Growth

- ✓ Is confident in the pool
- ✓ Listens to instructions & follows directions
- ✓ Works hard during class to improve stroke technique
- ✓ Accepts constructive suggestions and makes those changes

Next Session is Spring 2023 - April 3 to June 4. Missy will swim in Flying Fish – Level 7 level class next swim session. Keep practicing your swimming and we hope to see you in the pool.