



PROGRESS CARD



Instructor: Missy

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MISSY

has completed Guppy - Levels 3 & 4

INSTRUCTOR'S FEEDBACK

Missy has been a great swimmer, and has completed all of the requirements for Guppy - Levels 3 & 4. She is very proficient at performing front crawl. Missy should continue to build her confidence to the point that she can put her face in the water. Her flutter kick is very fast and propulsive. Outstanding job Missy keep it up.

SKILLS

✓ Guppy level is complete

Stroke Development

- ✓ Enter and exit water independently
- ✓ Bob in water independently retrieve object on bottom of pool
- ✓ Freestyle kick with straight legs 25 yards with kickboard without stopping
- ✓ Freestyle kick with straight legs 50 yards with kickboard without stopping
- ✓ Freestyle swim 15 yards with rotary breathing
- ✓ Freestyle swim 1/2 pool (45 feet) with rotary breathing
- ✓ Freestyle swim 25 yards with rotary breathing
- ✓ Backstroke kick 25 yards with kickboard without stopping
- ✓ Backstroke swim 15 yards with straight kick
- ✓ Backstroke swim 25 yards with straight kick
- ✓ Breaststroke kick and glide 15 yards with kickboard
- ✓ Breaststroke kick and glide 25 yards with kickboard

Deep Water Skills

- ✓ Tread water 1 minute
- ✓ Front glide 5 yards without assistance
- ✓ Back glide 5 yards without assistance
- ✓ Jump in deep water, tread water 30 seconds and swim back to wall

Diving Skills

- ✓ Sitting Diving
- ✓ Pencil Dive
- ✓ Kneeling Dive
- ✓ Standing Dives from side

Swimmer's Personal Growth

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

Next Session is Spring 2023 - April 3 to June 4. Missy will swim in Minnow - Level 5 level class next swim session. Keep practicing your swimming and we hope to see you in the pool.