



# PROGRESS CARD



Instructor: Missy

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## MISSY

has completed Minnow - Level 5

### INSTRUCTOR'S FEEDBACK

Missy has been an outstanding swimmer this session and has completed Minnow - Level 5. Her front crawl is very good for Minnow - Level 5. Missy should practice swimming outside of lessons in order to further develop her endurance while swimming. She is able to move very quickly through the water with flutter kick. Way to go, you did it Missy.

### SKILLS

✓ Minnow level is complete

#### Stroke Development

- ✓ Underwater glides and retrieve objects
- ✓ Freestyle kick 50 yards with kickboard without stopping
- ✓ Freestyle kick 100 yards with kickboard without stopping
- ✓ Freestyle swim 25 yards with rotary breathing
- ✓ Freestyle swim 50 yards with effective rotary breathing
- ✓ Backstroke swim 25 yards with effective kick
- ✓ Backstroke swim 50 yards with effective kick
- ✓ Breaststroke kick 25 yards with kickboard and glide
- ✓ Butterfly kick 15 yards with kickboard

#### Deep Water Skills

- ✓ Tread water 2 minutes
- ✓ Front glide 2 yards into front crawl and swim

- ✓ Back glide 2 yards into backstroke and swim
- ✓ Jump in, swim 5 yards, float on back 1 minute, roll over and swim

#### Diving Skills

- ✓ Sitting Diving
- ✓ Pencil Dive
- ✓ Kneeling Dive
- ✓ Standing Dives from side
- ✓ Standing Dive off diving block

#### 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 Fish – Level 6 level class next swim session. Keep practicing your swimming and we hope to see you in the pool.