



PROGRESS CARD



Instructor: Missy

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MISSY

has completed Pike - Level 1

INSTRUCTOR'S FEEDBACK

Missy has been a great swimmer, and has completed all of the requirements for Pike - Level 1 . She is able to move very quickly through the water with flutter kick. Missy should practice blowing bubbles to become more comfortable with her face in the water. She has a very well developed front crawl technique for Pike - Level 1 . Great job Missy keep up the great work.

SKILLS

✓ Pike level is complete

Stroke Development

- ✓ Enter water independently
- ✓ Exit water independently
- ✓ Float on back with assisted
- ✓ Look for object on bottom of pool with assistance
- ✓ Jump in shallow water unassisted
- ✓ Front crawl swim 15 yards with assistance
- ✓ Front crawl swim 25 yards with assistance
- ✓ Front crawl 5 feet unassisted with face in water
- ✓ Front crawl 10 feet unassisted with face in water
- ✓ Back kick 10 yards with assistance

- ✓ Back kick 20 yards with assistance
- ✓ Back kick 5 feet without assistance
- ✓ Front glide 3 feet without assistance
- ✓ Back glide 3 feet without assistance
- ✓ Swim, float on back and swim back to wall
- ✓ Jump in, swim 5 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 Eel – Level 2 level class next swim session. Keep practicing your swimming and we hope to see you in the pool.