



PROGRESS CARD



Instructor: Missy

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MISSY

has completed Polliwogs - Levels 1 & 2

INSTRUCTOR'S FEEDBACK

Missy has been a great swimmer, and has completed all of the requirements for Polliwogs - Levels 1 & 2. She is very proficient at performing front crawl. Missy should keep practicing her bubbles to become more comfortable with her face in the water. Congratulations Missy good luck in your next swim level. Keep up the excellent work next season.

SKILLS

✓ Polliwog level is complete

Stroke Development

- ✓ Enter water independently
- ✓ Exit water independently
- ✓ Bob in water independently
- ✓ Freestyle kick with straight legs 15 yards with kickboard without stopping
- ✓ Freestyle kick with straight legs 25 yards with kickboard without stopping
- ✓ Freestyle swim 1/4 pool (20 feet) with face in water unassisted
- ✓ Freestyle swim 1/2 pool (45 feet) with face in water unassisted
- ✓ Backstroke kick 15 yards with kickboard without stopping
- ✓ Backstroke kick 25 yards with kickboard without stopping
- ✓ Backstroke kick 5 yards unassisted

Deep Water Skills

- ✓ Front glide 3 yards without assistance

- ✓ Back glide 3 yards without assistance
- ✓ Tread water 30 seconds in deep water
- ✓ Jump in deep water unassisted and swim to side
- ✓ Swim, float on back and swim back to wall in deep end of pool

Diving Skills

- ✓ Sitting Diving/Front Glide
- ✓ Pencil Dive
- ✓ Kneeling Dive

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 Guppy - Levels 3 & 4 level class next swim session. Keep practicing your swimming and we hope to see you in the pool.