

PROGRESS CARD



Instructor: Missy

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MISSY

has completed Ray – Level 3

INSTRUCTOR'S FEEDBACK

Missy has been a great swimmer this session and has successfully completed Ray – Level 3. She is very proficient at performing front crawl. Missy should practice blowing bubbles to become more comfortable with her face in the water. Her flutter kick is very fast and propulsive. Excellent work Missy keep up the great job.

SKILLS

✓ Ray level is complete

✓ Butterfly kick 5 yards with glide underwater

Stroke Development

- ✓ Enter and exit water independently
- ✓ Bob in water independently & retrieve object on bottom of pool
- ✓ 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
- ✓ Back swim 10 yard without assistance
- ✓ Back swim 10 yard without assistance
- ✓ Breaststroke kick with a glide 5 yards with kickboard

Deep Water Skills

- ✓ Tread water 1 minute
- ✓ Front glide 5 yards and swim back without assistance
- ✓ Back glide 5 yards and swim back without assistance
- ✓ Jump in deep water, tread water 20 seconds and swim back to wall
- ✓ Jump in, swim 10 yards, back float and return to wall in deep end

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 Starfish – Level 4 level class next swim session. Keep practicing your swimming and we hope to see you in the pool.

