

PROGRESS CARD



Instructor: Missy
Published: March 06, 2023
Last Updated: March 06, 2023

MISSY

has completed Starfish – Level 4

INSTRUCTOR'S FEEDBACK

Missy has been a great swimmer, and has completed all of the requirements for Starfish – Level 4. She has a very well developed front crawl technique for Starfish – Level 4. Missy should remember to maintain a straight body while kicking on her back. She has a very well developed flutter kick technique. Keep up the awesome swimming.

SKILLS

✓ Starfish level is complete

✓ Butterfly kick 5 yards with glide

Stroke Development without assistance

- ✓ 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 kick 50 yards with kickboard without stopping
- ✓ Backstroke swim 15 yards with straight kick without assistance
- ✓ Breaststroke kick with a glide 10 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 30 seconds and swim back to wall
- ✓ Jump in, swim 15 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 Guppy - Levels 3 & 4 level class next swim session. Keep practicing your swimming and we hope to see you in the pool.

