

North Suburban YMCA

Swim Lessons Progress Report

Eel – Level 2

Student: _____

Session: _____

Class: _____

Instructor: _____

Next Level: _____

Comments:



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Comments:



Swimming & Water Skills	Achieved	Working on skill set
Enter water without assistance		
Exit water independently		
Bob in water independently		
Look for object on bottom of pool		
Jump in deep water unassisted		
Front crawl swim 25 yards with assistance		
Front crawl 10 yards unassisted with face in water		
Back kick 15 yard without assistance		
Front glide 5 yards without assistance		
Back glide 5 yards without assistance		
Swim, float on back and swim back to wall		
Jump in, swim 5 yards, back float and return to wall in deep end		

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