

# North Suburban YMCA

## Swim Lessons Progress Report

### Polliwogs - Levels 1 & 2

Student: \_\_\_\_\_

Session: \_\_\_\_\_

Class: \_\_\_\_\_

Instructor: \_\_\_\_\_

Next Level: \_\_\_\_\_

Comments:

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<b>Swimming &amp; Water Skills</b>	Achieved	Working on skill set
Enter water without assistance		
Exit water independently		
Bob in water independently		
Retrieve object off bottom of pool		
Jump in deep water unassisted and swim to side		
Front crawl 5 yards (15 feet) with face in water		
Front glide 3 yards without assistance		
Front crawl kick 25 yards with kickboard		
Tread water 30 seconds no assistance		
Back flutter kick 25 yards with kickboard		
Back kick 5 yards		
Back glide 3 yards without assistance		
Swim, float on back and swim back to wall		

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