

North Suburban YMCA

Swim Lessons Progress Report

Ray – Level 3

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 & retrieve object on bottom of pool		
Sitting Dive		
Front crawl kick 25 yards with kickboard		
Front crawl 20 yards unassisted with face in water		
Back kick 25 yard with assistance		
Back swim 15 yard without assistance		
Breaststroke kick 5 yards with kickboard		
Butterfly kick 5 yards underwater		
Front & Back glide 5 yards without assistance		
Swim, float on back and swim back to wall		

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