

North Suburban YMCA

Swim Lessons Progress Report

Shark – Level 8

Student: _____

Session: _____

Class: _____

Instructor: _____

Next Level: _____

Comments:



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Comments:



Swimming & Water Skills	Achieved	Working on skill set
Starts off block		
Surface dive and retrieve objects		
Kick endurance with kickboard 500 yards		
200 yards front crawl with flip turns		
200 yards back crawl with flip turns		
Breast stroke 300 yards kick only with kickboard		
100 yards breast stroke swim with open turns		
Butterfly 100 yards kick only with kick board		
50 yards butterfly swim		
100 yard individually medley (IM) swim with turns		
Treading water 2 minutes with no arms		
Increase stroke speed and endurance		

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