

North Suburban YMCA

Swim Lessons Progress Report

Starfish– Level 4

Student: _____

Session: _____

Class: _____

Instructor: _____

Next Level: _____

Comments:



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Swimming & Water Skills	Achieved	Working on skill set
Enter water without assistance		
Bob in water independently & retrieve objects on bottom of pool > 5 feet		
Kneeling dive and standing dive		
Front crawl kick 50 yards with kickboard		
Front crawl with kickboard and alternating arms 25 yards.		
Front crawl 25 yards unassisted with face in water		
Back kick 25 yard without assistance with effective kick		
Back crawl 15 yards without assistance		
Breaststroke kick 15 yards with glide		
Butterfly kick 15 yards with glide		
Front glide off wall 5 yards and swim back.		
Back glide off wall 5 yards and swim back.		
Jump in, swim 15 yards, back float and return to wall in deep end		

