

SWIMMING PROGRESS CHART

Name: _____ Level: _____

SKILL MILESTONE	REWARD	ACHIEVED
Water Confidence Blowing bubbles and submerging face comfortably.	Gold Sticker	
Front & Back Glide Streamline position without assistance for 5 seconds.	Pool Toy	
Flutter Kick Consistent kicking movement with a kickboard.	New Goggles	
Independent Stroke Swimming 10 meters using basic freestyle arm motion.	Ice Cream	
Deep Water Entry Safe jumping into deep water and returning to edge.	Certificate	

Keep practicing! Every splash counts.