

# SWIMMING PROGRESS CHART

CLASS LEVEL: \_\_\_\_\_

INSTRUCTOR

TERM/SESSION

DATE

| Student Name                                    | Skill Objective             | Pass | Retry | Comments |
|---|-----------------------------|------|-------|----------|
|   | Breath Control (10s Bubble) |      |       |          |
|   | Front Float (Unassisted)    |      |       |          |
|   | Back Float (Unassisted)     |      |       |          |
|   | Flutter Kick (15m)          |      |       |          |
|   | Arm Rotation / Stroke       |      |       |          |
|   | Treading Water (30s)        |      |       |          |
|   | Safety Jump & Return        |      |       |          |
| <b>Instructor Observations &amp; Next Steps</b> |                             |      |       |          |