

SWIMMING PROGRESS TRACKER

Swimmer Name:

Level / Class:

Date:

SKILL / MILESTONE	MASTERED	DATE
Water Confidence		
Blows bubbles with nose and mouth submerged		___/___
Fully submerge head comfortably		___/___
Body Position & Strokes		
Front float (unassisted, 5 seconds)		___/___
Back float (unassisted, 5 seconds)		___/___
Flutter kick with kickboard (10 meters)		___/___
Basic Freestyle arm movement		___/___
Safety Skills		

SKILL / MILESTONE	MASTERED	DATE
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Tread water (30 seconds)

___/___

Safe entry and exit from pool

___/___

Instructor Comments: