

MONTHLY SWIMMING MILESTONE CHART

Swimmer:

Month/Year:

Level:

SKILL / MILESTONE	ATTEMPTED	MASTERED
Water Confidence Submerging face and blowing bubbles comfortably.		
Front Glide Streamline position for 5 meters without assistance.		
Back Float Maintaining horizontal buoyancy for 30 seconds.		
Flutter Kick Consistent power from hips with pointed toes.		
Treading Water Staying vertical and keeping head above surface.		
Instructor Comments & Goals for Next Month:		