

# PRESCHOOL SWIMMING SUCCESS

## Skills Progress Tracker

Swimmer Name: \_\_\_\_\_

Level: \_\_\_\_\_

### SKILL DESCRIPTION

### ATTEMPT

### MASTERY

#### Water Comfort & Safety

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Blow bubbles through mouth and nose

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Submerge face completely (3 seconds)

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Enter and exit pool independently

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#### Body Position & Motion

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Front float with assistance (5 seconds)

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Back float with assistance (5 seconds)

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Flutter kick on front with kickboard

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#### Advanced Skills

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**SKILL DESCRIPTION**

**ATTEMPT**

**MASTERY**

Front glide to wall (unassisted)

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Combined arm and leg motion (5 feet)

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Instructor Signature: \_\_\_\_\_ Date: \_\_\_\_\_