

SWIMMING PROGRESS CHART

LEVEL 1: WATER DISCOVERY

- Submerge face for 3 seconds
- Front flutter kick with support
- Blow bubbles through nose and mouth
- Assisted back float for 5 seconds

LEVEL 2: PRIMARY SKILLS

- Unassisted front glide (2 body lengths)
- Retrieve object from chest-deep water
- Tread water for 15 seconds
- Combined stroke on front (5 meters)

LEVEL 3: STROKE READINESS

- Front crawl with side breathing (15m)
- Elementary backstroke (15m)
- Head-first entry from sitting position
- Survival float for 30 seconds

Swimmer Name: _____ Date Completed: ___ / ___ / ___