

YOUTH SWIMMING ACHIEVEMENT

Skills & Progress Tracker

Swimmer Name: _____

Level/Class: _____

STATUS **SKILL DESCRIPTION**

DATE EARNED

Water Comfort & Safety

Fully submerges face and head comfortably _____

Front and back float (unassisted 10 seconds) _____

Treading water (30 seconds) _____

Stroke Development

Front Crawl with rhythmic breathing (15 meters) _____

Backstroke with steady kick (15 meters) _____

Introduction to Breaststroke kick _____

Advanced Skills

STATUS **SKILL DESCRIPTION** **DATE EARNED**

Sitting or kneeling dive

Retrieve object from 5ft depth

Instructor Signature: _____ *Date:* _____