

North Suburban YMCA

Swim Lessons Progress Report

Fish – Level 6

Student: _____

Session: _____

Class: _____

Instructor: _____

Next Level: _____

Comments:



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Comments:



Swimming & Water Skills	Achieved	Working on skill set
Standing dives from side in deep end		
Surface dive head first deep end		
Kick endurance w/ kickboard 150 yards		
100 yards front crawl with open turns		
50 yards back crawl with effective kick		
Breast stroke 50 yards kick only w/ kickboard and glide.		
25 yards Breast Stroke swim		
Butterfly 25 yards kick only w/ kickboard		
15 yards Butterfly swim		
Front glide 3 yards into front crawl and swim 25 yards		
Back glide 3 yards into backstroke and swim 25 yards		
Tread water 2 minutes with breast stroke kick		

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