

# North Suburban YMCA

## Swim Lessons Progress Report

### Flying Fish – Level 7

Student: \_\_\_\_\_

Session: \_\_\_\_\_

Class: \_\_\_\_\_

Instructor: \_\_\_\_\_

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

Comments:

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| Swimming & Water Skills                               | Achieved | Working on skill set |
|---|----------|----------------------|
| Standing dive off block in deep end and glide to flag |          |                      |
| Surface dive and retrieve objects                     |          |                      |
| Kick endurance with kickboard 200 yards               |          |                      |
| 150 yards front crawl <b>with</b> flip turns          |          |                      |
| 100 yards back crawl <b>with</b> flip turns           |          |                      |
| Breast stroke 100 yards kick only with kickboard      |          |                      |
| 50 yards Breast stroke swim with open turns           |          |                      |
| Butterfly 50 yards kick only with kick board          |          |                      |
| 25 yards butterfly swim                               |          |                      |
| 100 yard individually medley kick                     |          |                      |
| Treading water 2 minutes with whip kick               |          |                      |
| Increase stroke speed improve stamina                 |          |                      |

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