

North Suburban YMCA

Swim Lessons Progress Report

Guppy - Levels 3 & 4

Student: _____

Session: _____

Class: _____

Instructor: _____

Next Level: _____

Comments:



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Comments:



Swimming & Water Skills	Achieved	Working on skill set
Enter and exit water independently		
Bob in water independently retrieve object on bottom of pool		
Jump in deep water unassisted, tread and swim back to wall		
Front crawl kick 50 yards with kickboard		
Front crawl 25 yards w/ rotary breathing		
Back crawl kick 25 yards with kickboard		
Back crawl 25 yards with straight kick		
Breast stroke kick and glide 25 yards with kickboard		
Tread water 1 minute		
Front glide 5 yards without assistance		
Back glide 5 yards without assistance		
Standing dives (ledge) sitting dives		

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