

# North Suburban YMCA

## Swim Lessons Progress Report

### Pike – Level 1

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

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

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

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

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

Comments:

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Comments:

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<b>Swimming &amp; Water Skills</b>	Achieved	Working on skill set
Enter water without assistance		
Exit water independently		
Float on back unassisted		
Look for object on bottom of pool with assistance		
Jump in shallow water unassisted		
Front crawl swim 25 yards with assistance		
Front crawl 10 feet unassisted with face in water		
Back kick 20 yards with assistance		
Back kick 10 feet without assistance		
Front glide 3 yards without assistance		
Swim, float on back and swim back to wall		
Jump in, swim 5 yards, back float and return to wall		

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