



Swimmer Progress Report

Name **Anthony**
Instructor **Alyssa N.**
Current Level **Level 6**
Next Level **Level 7**

Summer 2019

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Required Skills

Front Kick

- 60m without aid
- arms straight overhead
- knees straight
- kick comes from the hip and are small and fast
- head down

Achieved



Rolling Side Kicking

- 30m with aid (flutterboard/noodle)
- head down and roll hips and shoulders 90
- chin tucked in
- head resting on shoulder

Achieved



Bent Arm Front Crawl

- 45m
- Bend arm recovery; elbow is leading above the water
- strong kick
- side breathing every three strokes
- consistent kick provides balance

Achieved



Back Kick with Streamline arms

- 20m
- Hips are up

Achieved



Arms are extended above head in streamline



Back Kick with shoulder rolls

- 20m
- Shoulder roll

Achieved



Backstroke

- 45m
- Hips are up
- Arms are moving continuously
- Shoulder roll

Achieved



Treading Water

- 45 seconds
- bike legs and wide arms
- keeps mouth, face, ears out of the water

Achieved



Kneeling dive

- unassisted
- chin tucked down
- arms straight overhead
- enters water hands first
- uses feet to push down and away from the wall

Achieved



-swimming back to the wall is independent



Upcoming Skills (Not Required to Advanced)

Eggbeater

Whip kick



Additional Comment/ Area of Improvement

Anthony was amazing to work with! He sometimes forgot to keep his hips up when on his back. But a quick reminder and he will fix it. Keep it up