



DeMont Family Swim School

www.demontswim.com

520.877.SWIM (7946)

Name _____

Student ID _____

Instructor _____

Group Lesson Progress Report

X = skill mastered

/ = Working on skill

Tadpole

Introduction to the basic skills necessary for swimming.

For nervous or fearful students. We work on submersions, backfloats and great attitudes.

- 1 Get in the pool without crying
- 2 Monkey walk along wall
- 3 Three consecutive bobs with bubbles
- 4 Comfortable under water
- 5 Eyes open under water
- 6 Quiet glide to steps/wall – assisted
- 7 Backfloat - assisted
- 8 Rolling over: back to front – assisted
- 9 Rolling over: front to back - assisted
- 10 Retrieve object from step
- 11 Exit pool by themself

Goldfish

Must be comfortable underwater; have not yet caught a breath on their own. We work on rollover breathing, backfloats and independence in the water.

- 1 Independent bobs with bubbles
- 2 Completely comfortable under the water
- 3 Streamline quiet glide to steps/wall
- 4 Streamline glide with kick to steps/wall
- 5 Jellyfish float 5 seconds
- 6 Backfloat
- 7 Rolling over: back to front
- 8 Rolling over: front to back
- 9 Sit/swim to instructor
- 10 Jump in and return to the wall
- 11 Jump in/rollover/float
- 12 Retrieve object from bottom – assisted

Jellyfish

Must be able to take three consecutive breaths unassisted. We focus on building strength, confidence and independence in the water.

- 1 Streamline off wall 10 feet with kick
- 2 Jellyfish float 10 seconds
- 3 Two widths kicking with board
- 4 Swim, rollover, float and swim
- 5 One width rhythmic scoops/rollover breaths
- 6 FUNdamental big arm recovery
- 7 One width on back with kickboard
- 8 Elementary backstroke arms
- 9 Comfortably swim width of pool on back
- 10 FUNdamental butterfly kick
- 11 Retrieve object from bottom

Octopus

Must be comfortable on their backs and able to work the width of the pool. We focus on big-arm freestyle with side breathing and backstroke.

- 1 Half width underwater streamline with kick
- 2 Four widths freestyle kick on board
- 3 Two widths FUNdamental freestyle/side breathing
- 4 Two widths rhythmic freestyle
- 5 One width streamline on back
- 6 Four widths backstroke kick with board
- 7 Two widths FUNdamental backstroke
- 8 FUNdamental breaststroke kick
- 9 One width butterfly kick

Lobster

Must have solid freestyle and backstroke skills. We focus on breaststroke, butterfly, and endurance.

- 1 Master circle swimming
- 2 One width underwater streamline with fins
- 3 Four widths USS freestyle
- 4 Open freestyle turn with streamline
- 5 Five minute continuous comfortable swim
- 6 Two widths USS backstroke
- 7 Two widths breaststroke kick with board
- 8 FUNdamental breaststroke
- 9 Two widths butterfly kick
- 10 FUNdamental butterfly

Recommended Level: _____

Today's Date: _____