



DeMont Family Swim School

www.demontswim.com
520.877.SWIM (7946)

Name _____

Student ID _____

Instructor _____

Semi-Private Lesson Progress Report

X = skill mastered / = Working on skill

Blowfish

Introduction to the basic skills necessary for swimming. We work on rollover breathing, backfloats, independence in the water, and great attitudes.

- 1 Monkey walk along wall
- 2 Eyes open under water
- 3 Five consecutive bobs with bubbles
- 4 Completely comfortable under water
- 5 Quiet glide to steps/wall - assisted
- 6 Jellyfish float 5 seconds
- 7 Backfloat - unassisted
- 8 Rolling over: back to front
- 9 Rolling over: front to back
- 10 Jump in and return to the wall
- 11 Jump in, rollover and float
- 12 Retrieve object from step
- 13 Exit pool by themself

Clownfish

Must be able to rollover and catch a breath unassisted. We focus on calm, comfortable swimmers who are independent on their stomachs and their backs.

- 1 Streamline glide with kicks
- 2 Jellyfish float 10 seconds
- 3 One width balance on kickboard on front
- 4 Underwater scoops 10 feet
- 5 Swim, rollover, float and swim
- 6 One width rhythmic scoops/rollover breaths
- 7 Elevator to a backfloat
- 8 One width on back with kickboard
- 9 Elementary backstroke arms
- 10 Comfortably swim width of pool on back
- 11 FUNdamental butterfly kick
- 12 Retrieve object from bottom – assisted

Recommended Level: _____

Date: _____

For our little FISH 3 yrs and younger...

We focus on safety, comfort, balance, increased strength, coordination and FUN

We are not trying to create perfect freestylers and backstrokers.....just yet!