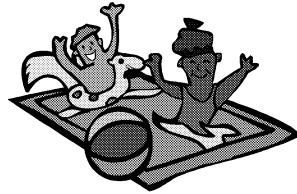


# Stroke Improvement I Checklist

Student has learned the following skills:

- ✓✓✓ = Mastered
- ✓✓ = Good
- ✓ = Needs more practice



- \_\_\_\_\_ Front Crawl w/ breathing to side – 1 length
- \_\_\_\_\_ Elementary backstroke – 15 yards
- \_\_\_\_\_ Back crawl – 1 length
- \_\_\_\_\_ Introduce breaststroke kick on front
- \_\_\_\_\_ Treading water – 30 seconds
- \_\_\_\_\_ Kneeling dive
- \_\_\_\_\_ Standing dive (if deep water available)

Instructors Comments:

Note: Success with learning swim skills is dependent upon many factors, including the student's strength, size, coordination, listening skills, readiness to learn, and inherent fears. Consequently, individuals will progress and acquire skills differently. Learning swimming basics, and becoming comfortable and proficient in the water, is a process that must take these differences into account. Patience, perseverance, and frequent practice/play opportunities will lead to success! Enjoy!

# Stroke Improvement I

\_\_\_\_\_  
Student's Name

\_\_\_\_\_  
Instructor

\_\_\_\_\_  
Date

\_\_\_\_\_  
Pool

### **Instructor's Recommendation:**

The student has progressed well in this level and would benefit from:

- Repeating this level to become more proficient and comfortable, in order to be successful at the next level.
- Register for the next level, knowing it may be a struggle and the student may not succeed at some skills.
- Skipping the next session – not ready to go on, but should come to the pool frequently to practice and play to gain poise and develop skills.