

Progress Tracker

 achieved  taught, but yet to be achieved

Instructor: _____

Time: _____ Session: _____

Student names:						
Attendance:	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8
SKILLS						
Blow bubbles on surface, assisted						
Front tow chin in water, assisted						
Water exit parent & child together						
Water entry parent & child together						
Back float assisted, head on shoulder						
Roll assisted, back to front & front to back						
Front float chin in water, assisted						
Back tow assisted, head on shoulder						
Wall grab assisted						
Notes:						

Progress Tracker continued

Student names:						
TOPICS						
Topic A.1 / Ask Permission						
Topic A.2 / Swim Attire						
Topic A.3 / Safe Swim Area						
Topic A.4 / Lifeguards						
Topic A.5 / Drowning						
Topic A.6 / Life Jackets						
Topic A.7 / Rescue Breathing						
Topic A.8 / Backyard Pools						
NEXT STAGE SHOULD BE						
A / Water Discovery						
B / Water Exploration						
Other:						

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Time: _____ Session: _____

Student names:						
Attendance:	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8
SKILLS						
Blow bubbles mouth & nose submerged, assisted						
Front tow blow bubbles, assisted						
Water exit assisted						
Water entry assisted						
Back float assisted, head on chest						
Roll assisted, back to front & front to back						
Front float blow bubbles, assisted						
Back tow assisted, head on chest						
Monkey crawl assisted, on edge, 5 ft.						
Notes:						

Progress Tracker continued

Student names:						
TOPICS						
Topic B.1 / Ask Permission						
Topic B.2 / Swim Attire						
Topic B.3 / Safe Swim Area						
Topic B.4 / Life Jackets						
Topic B.5 / Reach or Throw, Don't Go						
Topic B.6 / Hypothermia						
Topic B.7 / Choking						
Topic B.8 / Beaches						
NEXT STAGE SHOULD BE						
B / Water Exploration						
1 / Water Acclimation						
Other:						

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Student names:						
Attendance:	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8
SKILLS						
Submerge bob independently						
Front glide assisted, to wall, 5 ft.						
Water exit independently						
Jump, push, turn, grab assisted						
Back float assisted, 10 secs., recover independently						
Roll assisted, back to front & front to back						
Front float assisted, 10 secs., recover independently						
Back glide assisted, at wall, 5 ft.						
Swim, float, swim assisted, 10 ft.						
Notes:						

Progress Tracker

 continued

Student names:

TOPICS						
Topic 1.1 / Building Relationships						
Topic 1.2 / The Y's Core Values						
Topic 1.3 / Lifeguards						
Topic 1.4 / Benchmark Skills						
Topic 1.5 / Supervision						
Topic 1.6 / Reach or Throw, Don't Go						
Topic 1.7 / Life Jackets						
Topic 1.8 / Safe Swim Area						
NEXT STAGE SHOULD BE						
1 / Water Acclimation						
2 / Water Movement						
Other:						

Progress Tracker

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Time: _____ Session: _____

Student names:						
Attendance:	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8
SKILLS						
Submerge look at object on bottom						
Front glide 10 ft. (5 ft. preschool)						
Water exit independently						
Jump, push, turn, grab						
Back float 20 secs. (10 secs. preschool)						
Roll back to front & front to back						
Front float 20 secs. (10 secs. preschool)						
Back glide 10 ft. (5 ft. preschool)						
Tread water 10 secs., near wall, & exit						
Swim, float, swim 5 yd.						
Notes:						

Progress Tracker continued

Student names:						
TOPICS						
Topic 2.1 / Building Relationships						
Topic 2.2 / The Y’s Core Values						
Topic 2.3 / Find Help						
Topic 2.4 / Benchmark Skills						
Topic 2.5 / Supervision						
Topic 2.6 / Life Jackets						
Topic 2.7 / Reach or Throw, Don’t Go						
Topic 2.8 / Backyard Pools						
NEXT STAGE SHOULD BE						
2 / Water Movement						
3 / Water Stamina						
Other:						

Progress Tracker

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Instructor: _____

Time: _____ Session: _____

Student names:						
Attendance:	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8
SKILLS						
Submerge retrieve object in chest-deep water						
Swim on front 15 yd. (10 yd. preschool)						
Water exit independently						
Jump, swim, turn, swim, grab 10 yd.						
Swim on back 15 yd. (10 yd. preschool)						
Roll back to front & front to back						
Tread water 1 min. & exit (30 secs. preschool)						
Swim, float, swim 25 yd. (15 yd. preschool)						
Notes:						

Progress Tracker continued

Student names:						
TOPICS						
Topic 3.1 / Building Relationships						
Topic 3.2 / The Y’s Core Values						
Topic 3.3 / Sun Safety						
Topic 3.4 / Benchmark Skills						
Topic 3.5 / Life Jackets						
Topic 3.6 / Supervision						
Topic 3.7 / Call 911						
Topic 3.8 / Pool Drains						
NEXT STAGE SHOULD BE						
3 / Water Stamina						
4 / Stroke Introduction						
Other:						

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Time: _____ Session: _____

Student names:						
Attendance:	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8
SKILLS						
Endurance any stroke or combination of strokes, 25 yd.						
Front crawl rotary breathing, 15 yd.						
Back crawl 15 yd.						
Dive sitting						
Resting stroke elementary backstroke, 15 yd.						
Tread water scissor & whip kick, 1 min.						
Breaststroke kick, 15 yd.						
Butterfly kick, 15 yd.						
Notes:						

Progress Tracker continued

Student names:						
TOPICS						
Topic 4.1 / Weather						
Topic 4.2 / First Aid						
Topic 4.3 / Hypoxic Blackout						
Topic 4.4 / Open Water						
Topic 4.5 / Goal Setting						
Topic 4.6 / Heart Rate						
Topic 4.7 / Nutrition						
Topic 4.8 / Boating						
NEXT STAGE SHOULD BE						
4 / Stroke Introduction						
5 / Stroke Development						
Other:						

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Student names:						
Attendance:	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8
SKILLS						
Endurance any stroke or combination of strokes, 50 yd.						
Front crawl bent-arm recovery, 25 yd.						
Back crawl pull, 25 yd.						
Dive kneeling						
Resting stroke sidestroke, 25 yd.						
Tread water scissor & whip kick, 2 mins.						
Breaststroke 25 yd.						
Butterfly simultaneous arm action & kick, 15 yd.						
Notes:						

Progress Tracker continued

Student names:

TOPICS						
Topic 5.1 / HELP Technique						
Topic 5.2 / Shock						
Topic 5.3 / Hypoxic Blackout						
Topic 5.4 / Huddle Position						
Topic 5.5 / Goal Setting						
Topic 5.6 / Abdominal Thrusts						
Topic 5.7 / Rest & Relaxation						
Topic 5.8 / Water Parks						
NEXT STAGE SHOULD BE						
5 / Stroke Development						
6 / Stroke Mechanics						
Other:						

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Student names:						
Attendance:	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8
SKILLS						
Endurance any stroke or combination of strokes, 150 yd.						
Front crawl flip turn, 50 yd.						
Back crawl pull & flip turn, 50 yd.						
Dive standing						
Resting stroke elementary backstroke or sidestroke, 50 yd.						
Tread water retrieve object off bottom, tread 1 min.						
Breaststroke open turn, 50 yd.						
Butterfly 25 yd.						
Notes:						

Progress Tracker continued

Student names:

TOPICS						
Topic 6.1 / Hypothermia						
Topic 6.2 / Rescue Breathing						
Topic 6.3 / Hypoxic Blackout						
Topic 6.4 / Benchmark Skills						
Topic 6.5 / Goal Setting						
Topic 6.6 / CPR						
Topic 6.7 / Physical Activity						
Topic 6.8 / Cramps						
NEXT STAGE SHOULD BE						
6 / Stroke Mechanics						
Other:						