

Missouri State Aquatics Swim School

Swimming Evaluation

Beginner 1

Student Name: _____

Instructor: _____

Class _____ Date: _____

Evaluation of swimmer on his/her progress of each of the following skills
(C=Complete, P=Progressing, N=Not Completed)

- _____ Can enter and exit water independently
- _____ Comfortable in water with instructor
- _____ Submerges face and head for 5 seconds
- _____ Holds breath under water and blows bubbles
- _____ Kicks freestyle on wall
- _____ Kick freestyle on kickboard
- _____ Supported front float for 5 seconds
- _____ Unsupported front float for 5 seconds
- _____ Supported back float for 5 seconds
- _____ Unsupported back float for 5 seconds
- _____ Introduced to freestyle arm movement
- _____ Supported Front glide
- _____ Unsupported Front glide
- _____ Supported back glide
- _____ Unsupported back glide with kick

Once all skills have been successfully completed, swimmer is ready for the next appropriate level.

For questions or information regarding swim lessons, please contact
Randy Horner 836-6479.

Recommended level for this child after this session:

Beginner 1 Beginner 2 Team Prep 1 Team Prep 2 Swim Team

(Swimmers in the Team Prep levels are eligible to compete in meets with the team. For information on meets contact Randy Horner)

GREAT WORK! THANKS FOR SWIMMING WITH US!

Instructor Comments: