

Camp Grossman

SWIMMING PROGRESS SHEET

Camper name

Date Instructor

Level One – Introduction to Water Skills

- ___ Fully submerge head (five seconds)
- ___ Exhale underwater through mouth and nose
- ___ Open eyes underwater
- ___ Front float (five seconds)
- ___ Back float (10 seconds)
- ___ Roll (front to back, back to front)
- ___ Sculling on back (with kick, 15 feet)

Level Three – Stroke Development

- ___ Shallow/deep water bobbing (five times)
- ___ Rotary breathing (five times)
- ___ Survival float in deep water (30 seconds)
- ___ Back float in deep water (30 seconds)
- ___ Tread water in deep water (30 seconds)
- ___ Front crawl with rotary breathing (15 yards)
- ___ Elementary backstroke (frog or whip kick, 15 yards)
- ___ Under water swim (15 feet)

Level Five – Stroke Refinement

- ___ Sidestroke (25 yards)
- ___ Survival float (two minutes)
- ___ Back float in deep water (two minutes)
- ___ Front crawl (50 yards)
- ___ Breaststroke (25 yards)
- ___ Back crawl (50 yards)
- ___ Under water swim (15 feet)
- ___ Tuck and pike surface dives

Level Two – Fundamental Aquatic Skills

- ___ Rhythmic breathing, bob five times in shallow water
- ___ Front glide (with kick)
- ___ Jelly fish float
- ___ Back glide (with kick)
- ___ Beginning crawl (dog paddle, 15 feet)
- ___ Finning on back (with kick, 15 feet)

Level Four – Stroke Development

- ___ Breast stroke (15 yards)
- ___ Survival float in deep water (one minute)
- ___ Back float in deep water (one minute)
- ___ Tread water (one minute)
- ___ Front crawl with rotary breathing (25 yards)
- ___ Back crawl (25 yards)
- ___ Feet first surface dive

Level Six – Fitness Swimmer

- ___ 500 yards continuously (daily)
 - Front crawl (100 yards)
 - Back float in deep water (100 yards)
 - Breaststroke (50 yards)
 - Elementary backstroke (50 yards)
 - Sidestroke (50 yards)
 - Butterfly (50 yards)
 - Choice of stroke (100 yards)
- ___ Survival float (five minutes)
- ___ Back float (five minutes)



JCC Greater
Boston