

Missouri State Aquatics Swim School

Swimming Evaluation

Beginner 2

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 without instructor
- _____ Submerges face and head for 10 seconds
- _____ Flutter kick with board 25 yards
- _____ Unsupported front glide with kick 15 yards
- _____ Kick on side with arms at side (Free)
- _____ Kick on side with board with one arm extended (Free)
- _____ Kick on side without board with one arm extended (Free)
- _____ Swim freestyle 25 yards
- _____ Introduced Rotary Breathing
- _____ Unsupported back glide with kick 15 yards
- _____ Kick on side with arms at side (back)
- _____ Kick on side with one arm extended (back)

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: