

Hubbard Family Swim School

WWW.HUBBARDSWIM.COM

Name _____

Student ID _____

Day/Time/Level _____

Instructor _____

Date _____

Progress Report For Children Under 3 Years

X = skill mastered / = Working on skill

Angelfish

- Get in the pool three days without crying
- Monkey walk along wall
- Three consecutive bobs with bubbles
- Comfortable under water
- Eyes open under water
- Six foot quiet glide to steps/wall - assisted
- Back float – assisted
- Rolling over: back to front – assisted
- Rolling over: front to back – assisted
- Sit/Jump to instructor
- Retrieve object from step
- Exit pool by themselves

Clownfish

- Balance on kickboard front and back
- Scoops ten feet
- Elevator to a back float
- One width rhythmic scoops/rollover breaths
- Introduce FUNdamental big arms
- Introduce FUNdamental elementary backstroke
- Comfortably swim width of pool on back
- Introduce FUNdamental dolphin kick
- Retrieve object from bottom with fins

Blowfish

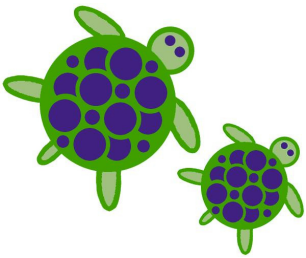
- Five consecutive bobs with bubbles
- Completely comfortable under water
- Six foot superman glide with kicks
- Jellyfish float 5 seconds
- Back float - unassisted
- Rolling over: back to front - unassisted
- Rolling over: front to back - unassisted
- Jump in and return to the wall - unassisted
- Jump in /rollover/ float – unassisted
- Retrieve object from bottom – assisted
- Exit pool by themselves

Return as:

For our little FISH 3 yrs and younger...

We are all about safety, comfort, balance, increased strength, coordination and FUN

We are not trying to create perfect freestylers and backstrokers.....just yet!



Hubbard Family Swim School

WWW.HUBBARDSWIM.COM

Name _____

Student ID _____

Day/Time/Level _____

Instructor _____

Date _____

Progress Report

X = skill mastered / = Working on skill

Tadpole

- Get in the pool three days without crying
- Monkey walk along wall
- Three consecutive bobs with bubbles
- Comfortable under water
- Eyes open under water
- Six foot quiet glide to steps/wall – assisted
- Back float - assisted
- Rolling over: back to front – assisted
- Rolling over: front to back - assisted
- Sit/jump to instructor
- Retrieve object from step
- Exit pool by themselves

Octopus

- 1/2 width underwater streamline with kick
- Four widths freestyle kick on board
- Two widths FUNDamental freestyle/side breathing
- Two widths rhythmic freestyle
- One width streamline on back
- Four widths backstroke kick
- One width elementary backstroke
- Two widths FUNDamental backstroke
- Fundamental breaststroke kick
- One width dolphin kick

Goldfish

- Five consecutive bobs with bubbles
- Completely comfortable under the water
- Six foot superman glide with kick
- Jellyfish float 5 seconds
- Underwater swim for 10 feet
- Back float - unassisted
- Rolling over: back to front - unassisted
- Rolling over: front to back - unassisted
- Jump in and return to the wall - unassisted
- Jump in/rollover/float - unassisted
- Retrieve object from bottom – assisted
- Exit pool by themselves

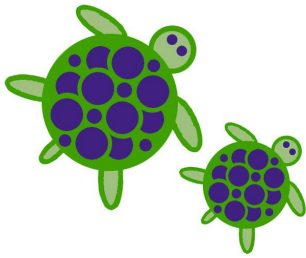
Lobster

- Master circle swimming
- One width underwater streamline with fins
- Four widths USS freestyle
- Open freestyle turn with streamline
- Five minute continuous swim
- Two widths USS backstroke
- Two widths breaststroke kick with board
- FUNDamental breaststroke
- Two widths dolphin kick
- FUNDamental butterfly

Jellyfish

- Jellyfish float 10 seconds
- Streamline off wall 10 feet with kick
- Two width kick on board
- Swim, rollover, float and swim
- One width rhythmic scoops/rollover breaths
- FUNDamental big arm recovery
- One width on back with kickboard
- FUNDamental elementary backstroke
- Comfortably swim width of pool on back
- FUNDamental dolphin kick
- Retrieve object from bottom with fins

Return as:



Hubbard Family Swim School

WWW.HUBBARDSWIM.COM

Name _____

Student ID _____

Day/Time/Level _____

Instructor _____

Date _____

Progress Report

X = skill mastered / = Working on skill

Hammerhead 1

Butterfly

- Feet together
- Simultaneous arm motion

Backstroke

- Strong consistent kick
- Thumb out, pinky in

Breaststroke

- Correct kicking motion
- Breathe every stroke

Freestyle

- Demonstrates consistent side breathing
- Head is still

Individual Medley (I.M.)

- Complete one width of every stroke

Endurance

- 15 widths of freestyle within 5 minutes

Other

- Streamline off every wall
- Master concept of circle swimming

Hammerhead 2

Butterfly

- Pulls to waist underwater
- Two kicks for every pull

Backstroke

- Evident shoulder roll
- Correct and consistent arm movement

Breaststroke

- Legs together at end of kick
- Glide in streamline at front of stroke

Freestyle

- Ability to breath to both sides
- Strong consistent kick

Individual Medley (I.M.)

- Two widths of every stroke

Endurance

- 20 widths of freestyle within 5 minutes

Other

- Complete one width underwater
- Introduced to use of pace clock

Hammerhead 3

Butterfly

- Arms recover out of the water
- Arms fully extended at beginning of pull

Backstroke

- Consistent shoulder roll with deep pull
- Six beat kick

Breaststroke

- Whip kick accelerates body
- Breath at start of pull

Freestyle

- Demonstrate kicking patterns
- Arms fully extended at beginning of pull

Individual Medley (I.M.)

- Able to swim multiple I.M.s with correct strokes

Endurance

- 25 widths of freestyle within 5 minutes

Other

- Able to vary amounts of effort (pace work)
- Know equivalent distances (a 25= 1 length, a 50= 2 lengths, etc.)

Hammerhead Seniors

Butterfly

- Understands the rhythm of the stroke
- Demonstrates breathing every other stroke

Backstroke

- Proper head position
- Streamline underwater off the wall

Breaststroke

- Keep hands in front of elbows
- Demonstrate underwater pullout

Freestyle

- Consistent use of flip turns
- Demonstrates breathing patterns

Individual Medley (I.M.)

- Attempt correct turns

Endurance

- Complete 10 lengths of freestyle within 5 minutes

Other

- Correct turns and finishes on all strokes
- Interval training using pace clock

Return as:
