

# SwimAfrica

## Learn to swim Progression Report

Swimmers Name \_\_\_\_\_ Age \_\_\_\_\_

<p style="text-align: center;"><b><u>Station 1 Bubbles</u></b></p> <p>Gradual water adaptation</p> <p>Movement in the water</p> <p>Breath holding and release</p> <p>Submersion of the face</p> <p>Opening eyes under water</p> <p>Bobbing with bubbles and air exchange</p> <p><b>Advancement goals</b></p> <p>10 relaxed Bobs</p>	<p style="text-align: center;"><b><u>Station 5</u></b></p> <p style="text-align: center;"><b><u>Freestyle/Backstroke</u></b></p> <p>Crawl stroke with breathing</p> <p>Back streamline with kick</p> <p>Front streamline with kick</p> <p>Back with arms and kicks</p> <p><b>Advancement Goals</b></p> <p>Crawl stroke with breathing 24 mtrs</p>
<p style="text-align: center;"><b><u>Station 2 Floats and Glides</u></b></p> <p>Front float/glide and recover</p> <p>Back float/glide and recover</p> <p><b>Advancement goals</b></p> <p>Kicking with the noodle 5 mtrs</p> <p>Front glide and recover- 5 seconds</p> <p>Back glide and recover- 5 seconds</p>	<p style="text-align: center;"><b><u>Station 6 Breast/ Butterfly</u></b></p> <p>Breast kick arms streamline</p> <p>Dolphin arms on the side</p> <p>Dolphin arms streamline</p> <p>Butterfly arms</p> <p>Butterfly Swim Africa Breast stroke</p> <p><b>Advancement Goals</b></p> <p>Freestyle and Back 48 mtrs</p> <p>fly and breast 12 mtrs</p> <p>Turns</p>
<p style="text-align: center;"><b><u>Station 3 “Kicking”</u></b></p> <p>Front kick glide and recover</p> <p>Back kick glide and recover</p> <p>Dolphin kick glide and recover</p> <p><b>Advancement Goals</b></p> <p>Front kick 12 meters with aid.</p> <p>Back kick 12 meters with aid.</p>	<p style="text-align: center;"><b><u>Station 7 Individual Medley</u></b></p> <p>Extended swimming and technique refinement in all strokes and turns.</p> <p>Advancement goals swim IM by 12 mtrs.</p>
<p style="text-align: center;"><b><u>Station 4 Crawl Stroke</u></b></p> <p>Roll Over front to Back and Back to front.</p> <p>Finning and sculling</p> <p>Side glide off the wall and kick</p> <p>Crawl arm stroke</p> <p><b>Advancement Goals</b></p> <p>Swim crawl 12 meters</p>	<p style="text-align: center;"><b><u>Station 8 Competition</u></b></p> <p>Take part in swimAfrica stroke school Gala. Distance 12 mtrs.</p> <p>Front kicks with floater</p> <p>Back kicks with floater</p> <p>Back streamline</p> <p>Backstroke</p> <p>Breast stroke</p> <p>Dolphin</p> <p>Butterfly</p> <p>Front streamline</p> <p>Freestyle</p>

Coaches Comments \_\_\_\_\_

5-excellent, 4-Very good, 3-good, 2-fair, 1- needs encouragement.

Name \_\_\_\_\_ Sign \_\_\_\_\_