



Adult Learn-to-Swim Session Evaluation



Student Name: _____

Not Met Needs Improvement Met N/A

Beginner Water Competency

Step or jump into the water over your head.

Return to the surface and float or tread water for one minute.

Turn around in a full circle and find an exit.

Swim 25 yards to the exit.

Exit from the water.

Beginner Skills

10 consecutive bobs - exhale underwater, quick breath above

Front float

Back float

Front glide/streamline and kick

Back glide/streamline and kick

Free kick - with and without fins

Back kick - with and without fins

Freestyle

Freestyle with breathing

Backstroke

Treading water

Intermediate and Advanced Skills

Breaststroke

Butterfly

Flip turns

Recommendations (include next session level, areas of improvement, and drills):

Instructor's Name: _____

Today's Date: _____