

Swimming Lesson Placement for:

This summer, your child took a week of Nob Hill Swim Club swimming lessons at the **TINY TOTS** level. In order to move on to the **BEGINNER** level, your child is expected to have mastered the following skills:

- Water entry with and without assistance
- Water adjustment
- Blowing bubbles
- Underwater exploration
- Item retrieval
- Breath control: bobbing and rhythmic breathing
- Front kick with kickboard
- Beginner stroke techniques
- Water exit unassisted

In order to advance to the **BEGINNER** level, your child should feel comfortable with and able to successfully perform all of these skills. Based on your child's performance in the **TINY TOTS** level, it **IS / IS NOT** recommended that he/she be placed in the **BEGINNER** course for the next lesson. For specific questions, please see your child's instructor. Thank you!

Instructor Comments:**Swimming Lesson Placement for:**

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- Water adjustment
- Blowing bubbles
- Underwater exploration
- Item retrieval
- Breath control: bobbing and rhythmic breathing
- Front kick with kickboard
- Beginner stroke techniques
- Water exit unassisted

In order to advance to the **BEGINNER** level, your child should feel comfortable with and able to successfully perform all of these skills. Based on your child's performance in the **TINY TOTS** level, it **IS / IS NOT** recommended that he/she be placed in the **BEGINNER** course for the next lesson. For specific questions, please see your child's instructor. Thank you!

Instructor Comments:

Swimming Lesson Placement for:

This summer, your child took a week of Nob Hill Swim Club swimming lessons at the **BEGINNER** level. In order to move on to the **ADVANCED BEGINNER**, you child is expected to have mastered the following skills:

- Water entry (jump) without assistance
- Bobbing in shallow water
- Rhythmic breathing
- Combined stroke technique
- Survival float and prone float
- Streamline
- Treading technique
- Item retrieval in shallow depth water

In order to advance to the **ADVANCED BEGINNER** level, your child should feel comfortable with and able to successfully perform all of these skills. Based on your child's performance in the **BEGINNER** level, it **IS / IS NOT** recommended that he/she be placed in the **ADVANCED BEGINNER** course for the next lesson. For specific questions, please see your child's instructor. Thank you!

Instructor Comments:**Swimming Lesson Placement for:**

This summer, your child took a week of Nob Hill Swim Club swimming lessons at the **BEGINNER** level. In order to move on to the **ADVANCED BEGINNER**, you child is expected to have mastered the following skills:

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- Bobbing in shallow water
- Rhythmic breathing
- Combined stroke technique
- Survival float and prone float
- Streamline
- Treading technique
- Item retrieval in shallow depth water

In order to advance to the **ADVANCED BEGINNER** level, your child should feel comfortable with and able to successfully perform all of these skills. Based on your child's performance in the **BEGINNER** level, it **IS / IS NOT** recommended that he/she be placed in the **ADVANCED BEGINNER** course for the next lesson. For specific questions, please see your child's instructor. Thank you!

Instructor Comments:

Swimming Lesson Placement for:

This summer, your child took a week of Nob Hill Swim Club swimming lessons at the **ADVANCED BEGINNER** level. In order to move on to the **INTERMEDIATE** level, your child is expected to have mastered the following skills:

- Rhythmic breathing to the side
- Freestyle technique in shallow and deep water
- Backstroke technique in shallow and deep water
- Tread water for 1 minute
- Item retrieval in medium depth water
- Underwater swim for 3-4 body lengths
- Survival float and prone float
- Standing front dive

In order to advance to the **INTERMEDIATE** level, your child should feel comfortable with and able to successfully perform all of these skills. Based on your child's performance in the **ADVANCED BEGINNER** level, it **IS / IS NOT** recommended that he/she be placed in the **INTERMEDIATE** course for the next lesson. For specific questions, please see your child's instructor. Thank you!

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- Freestyle technique in shallow and deep water
- Backstroke technique in shallow and deep water
- Tread water for 1 minute
- Item retrieval in medium depth water
- Underwater swim for 3-4 body lengths
- Survival float and prone float
- Standing front dive

In order to advance to the **INTERMEDIATE** level, your child should feel comfortable with and able to successfully perform all of these skills. Based on your child's performance in the **ADVANCED BEGINNER** level, it **IS / IS NOT** recommended that he/she be placed in the **INTERMEDIATE** course for the next lesson. For specific questions, please see your child's instructor. Thank you!

Instructor Comments:

Swim Lesson Placement for:

This summer, your child took a week of Nob Hill Swim Club swimming lessons at the **INTERMEDIATE** level. In order to move on to the **SWIMMER** level, your child is expected to have mastered the following skills:

- Freestyle improvement
- Backstroke improvement
- Breaststroke coordination
- Open turns
- Tread water for 2 minutes
- Standing front dive
- Item retrieval in deep water
- Endurance swim for 5 minutes

In order to advance to the **SWIMMER** level, your child should feel comfortable with and able to successfully perform all of these skills. Based on your child's performance in the **INTERMEDIATE** level, it **IS / IS NOT** recommended that he/she be placed in the **SWIMMER** course for the next lesson. For specific questions, please see your child's instructor. Thank you!

Instructor Comments:

Swim Lesson Placement for:

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- Freestyle improvement
- Backstroke improvement
- Breaststroke coordination
- Open turns
- Tread water for 2 minutes
- Standing front dive
- Item retrieval in deep water
- Endurance swim for 5 minutes

In order to advance to the **SWIMMER** level, your child should feel comfortable with and able to successfully perform all of these skills. Based on your child's performance in the **INTERMEDIATE** level, it **IS / IS NOT** recommended that he/she be placed in the **SWIMMER** course for the next lesson. For specific questions, please see your child's instructor. Thank you!

Instructor Comments:

Swimming Lesson Placement for:

This summer, your child took a week of Nob Hill Swim Club swimming lessons at the **SWIMMER** level. Your child is expected to have mastered the following skills:

- Breaststroke, freestyle, and backstroke improvement
- Underwater swim 20-25 feet
- Open turns and flip turns
- Surface dive
- Endurance swim for 10 minutes
- Streamline with dolphin kick

In order to complete this level, your child should feel comfortable with and be able to successfully perform all of these skills. Based on your child's performance in the **SWIMMER** level, it **IS / IS NOT** recommended that he/she retake this course. For specific questions, please see your child's instructor. Thank you!

Instructor Comments:

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