

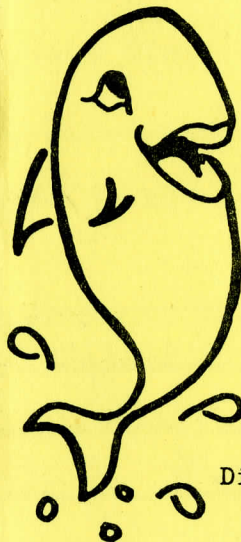
THE BASIC AIMS OF THE COQUITLAM
PARK & RECREATION AQUATICS PROGRAM:

1. To Promote Water Safety.
2. To Provide Positive & Enjoyable Experiences.
3. To Improve Aquatic Skills.
4. To Promote Physical Fitness.

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Coquitlam Park & Recreation In
Co-operation With The Canadian
Red Cross Water Safety Society.

FLOATERS
SWIM PROGRESS CARD



for:

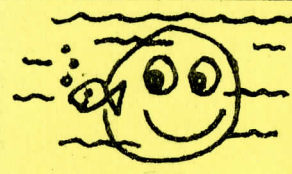
Shyla
Sunder

District of Coquitlam
Parks & Recreation Department

FLOATERS

PROGRESS CARD

NEXT CLASS: PRE-BEGINNERS



ORIENTATION:-

- Open eyes under water
- Bob 6 times with Breath Control

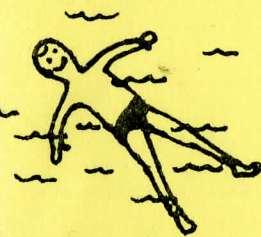
Shyla has no trouble in this area.



MOVEMENT THROUGH WATER:-

- Front glide roll over, stand up
- Back glide, roll over, stand up

Shyla's glides are good, she seems to have a little trouble rolling over. With a little practice she will improve.



BUOYANCY:-

- Demonstrate one or more float(s)

Shyla's floats are quite good. She should try to hold her position longer in the jellyfish float.

ADDITIONAL COMMENTS:- Although Shyla has a little trouble rolling over in her glides she is quite good in the other areas. I think if she practices this area she will accomplish them easily. It was a pleasure having Shyla in the class. - ~~Michelle~~ Smith