

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.

SWIM PROGRESS CARD



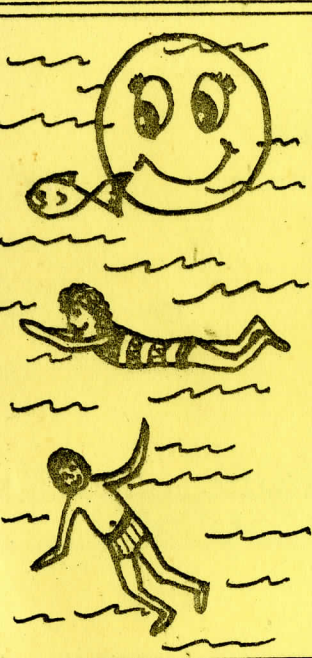
for:

Shyla
Seiler

District of Coquitlam
Parks & Recreation Department

TINY TOT
PROGRESS CARD

NEXT CLASS: Floaters.



Climb into Water
by Self:

good

Blow Bubbles:

Submerge:

OK.

Front Tow:

ok.

Back Tow:

fair

Front Float By Self:

~~not ready yet~~ ok

Back Float By Self:

not ready yet

Jump into Water Unassisted:



ADDITIONAL COMMENTS:

Shyla was very confident in the water
and could do most things quite well. Good work
Shyla!