Swimming log

Child _____ School year _____ Pool _____

Tick a step when your child completes it 3 times with confidence, and write the date on the line.

Lesson 1: Bubbles & floating

Date

- ☐ Blow Out the Candles
- ☐ Straw Bubbles
- ☐ Face in the Water
- ☐ Nose Bubbles
- ☐ Underwater Count
- ☐ Starfish Float

Lesson 2: Wall push-off & kicking

Date

- ☐ Streamline/Arrow Position
- ☐ Wall Push-Off
- ☐ Kicking on the Edge
- ☐ Streamline/Arrow + Kicking
- ☐ Arrow + Kicking + Bubbles

Lesson 3: Arms & kickboard

Date

- ☐ Kicking Review
- ☐ Kicking on the Wall
- ☐ Kickboard Swimming
- ☐ Arms Swing on Deck
- ☐ Arm Circles in the Water
- ☐ Arms on the Wall with Float

Lesson 4: Arm rotation & breathing

Date

- ☐ Arms on the Wall with Float
- ☐ Breathing Drill on the Wall
- ☐ One-Arm Freestyle with Breathing
- ☐ Kickboard Breathing Drill
- ☐ Catch-Up Freestyle

Lesson 5: Full freestyle

Date

- ☐ Catch-Up Freestyle
- ☐ Wall One-Arm Freestyle Review
- ☐ One-Arm Swimming with Alternating Breathing
- ☐ Wall Two-Arm Freestyle with Right-Side Breathing
- ☐ Kickboard Full Freestyle with Breathing
- ☐ Full Freestyle Swimming

Lesson 6: Head-first dive

Date

- ☐ Seated Entry — Streamline Position
- ☐ Dive — Kneeling Position
- ☐ Dive Through a Hoop
- ☐ Full Dive — No Hoop

Always supervise children near water. Never leave children unattended in or near a pool.

Pool visits

Date	Minutes	Steps practiced	Notes

A personal record, not an official form. Always supervise children near water. Never leave children unattended in or near a pool. From SwimSteps, swim-steps.com/homeschool-swim-lessons