

Private/Semi Private Lesson Goal Sheet



This goal sheet is to help you, the parent, and the Swim Instructor accomplish water safety and swimming goals for your child. Please keep in mind this goal sheet does not guarantee results, every child learns at different speeds.

The Swim Instructor will read over your goals for your child and after the first lesson let you know if these goals need to be changed or if they are attainable. It is recommended that 4 skills be taught per 4 lessons.

Child Name:

Age:

Previous swimming experience:

Here are some examples of skills that can be worked on in a private lesson; Floating on the back, breathing to the side, jumping off the edge, swimming to the flags Freestyle, having legal strokes for swim team, working on/ learning how to dive

Skills I would like my child to learn:

- 1.) _____
- 2.) _____
- 3.) _____
- 4.) _____
- 5.) _____
- 6.) _____
- 7.) _____
- 8.) _____

On the back, please list anything about your child you would like the instructor to know. Please include learning disabilities, learning preferences, fears and triggers:

Learning disabilities, learning preferences, fears and triggers:

- 1.) _____
- 2.) _____
- 3.) _____
- 4.) _____

My child responds best to:
