

PROGRESS MADE TOWARD GOALS:

1x

2x

3x

4x

5x

6x

7x

8x

9x

10x



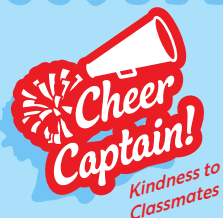
START  
CHARACTER  
HERE



START  
CHARACTER  
HERE



START  
CHARACTER  
HERE



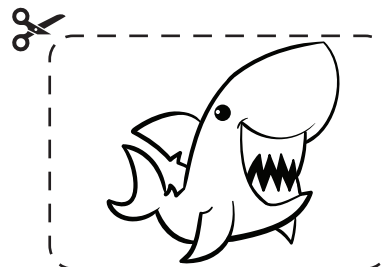
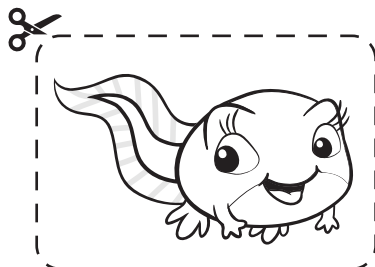
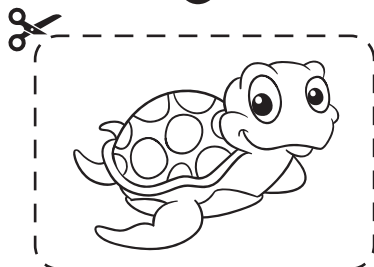
START  
CHARACTER  
HERE





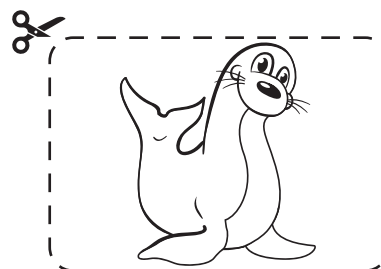
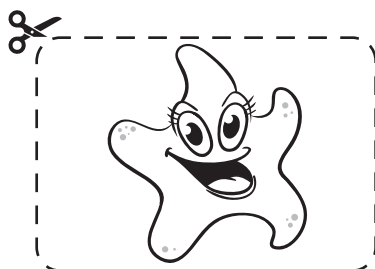
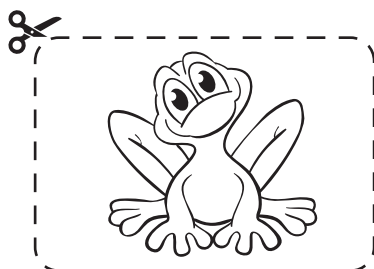
AQUA-TOTS SWIM SCHOOL

## SWIM LESSON GOAL TRACKER



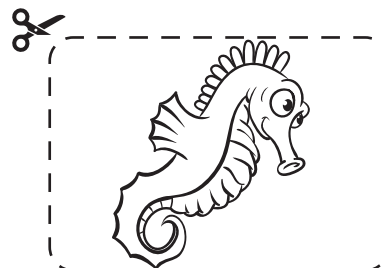
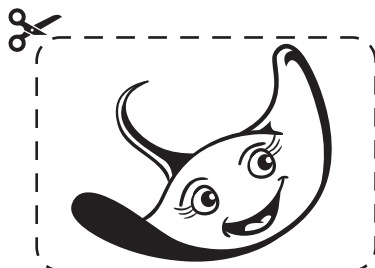
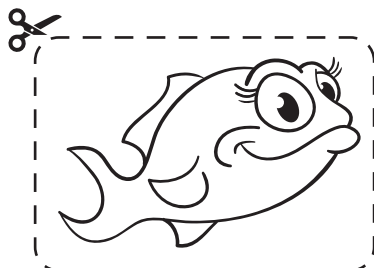
### #1 GET YOUR CHARACTERS READY!

Color your 4 favorite Aqua-Tots characters and cut them out!



### #2 PLACE THEM ON THE STARTING LINE

Use a magnet or re-usable tape to put your characters on the starting line. Move them along as you progress toward your goals!



### #3 SWIM TOWARD YOUR GOALS!

## GOAL TRACKER CATEGORIES:

### **Consistency Champ!**

Consistency is the key to mastering water safety skills. Follow along in the Aqua-Tots app to track your attendance.

### **Happy Splashes!**

Set a goal for tear-free lessons or, if there's a tough day, aim to leave class on a happy note.

### **Super Skill Builder!**

Focus on improving a specific swim skill. Use the Aqua-Tots app or ask your swim instructor to identify a skill you can practice at home or work on during class.

### **Cheer Captain!**

Swimming is more fun with friends! Cheer on classmates, give a high five or say something kind to a swim buddy. Make it a goal to spread positivity in class!