



Certificate of Achievement

This certifies that

_____ has achieved skills in 1 / Water Acclimation.

Instructor: _____

Date: _____

My next stage should be: 1 / Water Acclimation 2 / Water Movement

YMCA Swim Lessons



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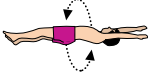

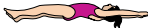
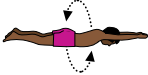
I'm awesome at: _____

I can improve on: _____

Swimming Skills Developed

-  **Submerge**
bob independently
-  **Front glide**
assisted, to wall, 5 ft.
-  **Water exit**
independently
-  **Jump, push, turn, grab**
assisted
-  **Back float**
assisted, 10 secs., recover independently

achieved taught, but yet to be achieved

-  **Roll**
assisted, back to front & front to back
-  **Front float**
assisted, 10 secs., recover independently
-  **Back glide**
assisted, at wall, 5 ft.
-  **Swim, float, swim**
assisted, 10 ft.

Topics Introduced




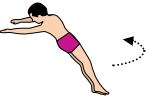

Building Relationships
 The Y's Core Values
 Lifeguards
 Benchmark Skills

Supervision
 Reach or Throw, Don't Go
 Life Jackets
 Safe Swim Area

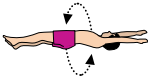


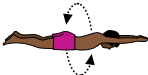
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