



# Certificate of Achievement

This certifies that

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Instructor: \_\_\_\_\_

Date: \_\_\_\_\_

My next stage should be:  2 / Water Movement  3 / Water Stamina

**YMCA Swim Lessons**



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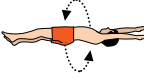



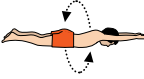
I'm awesome at: \_\_\_\_\_

I can improve on: \_\_\_\_\_

### Swimming Skills Developed

-   **Submerge**  
look at object on bottom
-   **Front glide**  
10 ft. (5 ft. preschool)
-   **Water exit**  
independently
-   **Jump, push, turn, grab**
-   **Back float**  
20 secs. (10 secs. preschool)

achieved  taught, but yet to be achieved

-   **Roll**  
back to front & front to back
-   **Front float**  
20 secs. (10 secs. preschool)
-   **Back glide**  
10 ft. (5 ft. preschool)
-   **Tread water**  
10 secs., near wall, & exit
-   **Swim, float, swim**  
5 yd.

### Topics Introduced






- Building Relationships
- The Y's Core Values
- Find Help
- Benchmark Skills

- Supervision
- Life Jackets
- Reach or Throw, Don't Go
- Backyard Pools

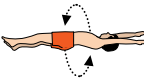



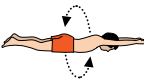
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