



# Certificate of Achievement

This certifies that

\_\_\_\_\_ has achieved skills in 3 / Water Stamina.

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

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

My next stage should be:  3 / Water Stamina  4 / Stroke Introduction

**YMCA Swim Lessons**



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**YMCA Swim Lessons**

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

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

### Swimming Skills Developed

achieved  taught, but yet to be achieved



**Submerge**  
retrieve object in chest-deep water



**Swim on front**  
15 yd. (10 yd. preschool)



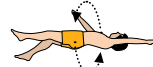
**Water exit**  
independently



**Jump, swim, turn, swim, grab**  
10 yd.



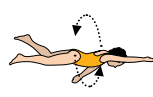
**Swim on back**  
15 yd. (10 yd. preschool)



**Roll**  
back to front & front to back



**Tread water**  
1 min. & exit (30 secs. preschool)



**Swim, float, swim**  
25 yd. (15 yd. preschool)

### Topics Introduced

- Building Relationships
- The Y's Core Values
- Sun Safety
- Benchmark Skills

- Life Jackets
- Supervision
- Call 911
- Pool Drains

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

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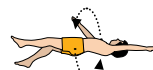
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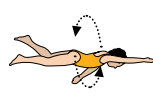
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