



# Certificate of Achievement

This certifies that

\_\_\_\_\_ has achieved skills in 4 / Stroke Introduction.

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

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

My next stage should be:  4 / Stroke Introduction  5 / Stroke Development

**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



**Endurance**  
any stroke or combination of strokes, 25 yd.



**Resting stroke**  
elementary backstroke, 15 yd.



**Front crawl**  
rhythmic breathing, 15 yd.



**Tread water**  
scissor & whip kick, 1 min.



**Back crawl**  
15 yd.



**Breaststroke**  
kick, 15 yd.



**Dive**  
sitting



**Butterfly**  
kick, 15 yd.

### Topics Introduced

Weather  
First Aid  
Hypoxic Blackout  
Open Water

Goal Setting  
Heart Rate  
Nutrition  
Boating

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

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