



# Certificate of Achievement

This certifies that

\_\_\_\_\_ has achieved skills in 5 / Stroke Development.

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

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

My next stage should be:  5 / Stroke Development  6 / Stroke Mechanics

**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, 50 yd.



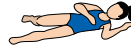
**Front crawl**  
bent-arm recovery, 25 yd.



**Back crawl**  
pull, 25 yd.



**Dive**  
kneeling



**Resting stroke**  
sidestroke, 25 yd.



**Tread water**  
scissor & whip kick, 2 mins.



**Breaststroke**  
25 yd.



**Butterfly**  
simultaneous arm action & kick, 15 yd.

### Topics Introduced

HELP Technique  
Shock  
Hypoxic Blackout  
Huddle Position

Goal Setting  
Abdominal Thrusts  
Rest & Relaxation  
Water Parks

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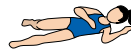
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