Certificate of Achievement

This certifies that

has achieved skills in 5 / Stroke Development.				
Instructor:		Date:		
My next stage should be	e: 🗌 5 / Stroke Development	6 / Stroke Mechanics	YMCA Swim Lessons	
°				
the 5 / STRO	DKE DEVELOPMENT			

Certificate of Achievement

This certifies that

has achieved skills in 5 / Stroke Development.

Instructor: ____

Date: ___

Swimming Skills Developed



any stroke or combination of strokes, 50 yd.

bent-arm recovery, 25 yd.



Back crawl

Front crawl

Endurance

Dive kneeling Resting stroke

sidestroke, 25 yd.

Tread water scissor & whip kick, 2 mins.

🗙 achieved 🔽 taught, but yet to be achieved

) Breaststroke 25 yd.



Butterfly simultaneous arm action & kick, 15 yd.

Topics Introduced

HELP Technique	Goal Setting
Shock	Abdominal Thrusts
Hypoxic Blackout	Rest & Relaxation
Huddle Position	Water Parks

I'm awesome at: _____

I can improve on: _____

Swimming Skills Developed



Endurance any stroke or combination of strokes, 50 yd.



Front crawl bent-arm recovery, 25 yd.

Back crawl pull, 25 yd.

Dive kneeling

🗙 achieved 🛛 taught, but yet to be achieved



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