



Certificate of Achievement

This certifies that

_____ has achieved skills in 6 / Stroke Mechanics.

Instructor: _____

Date: _____

My next stage should be: 6 / Stroke Mechanics Other:

YMCA Swim Lessons



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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, 150 yd.



Resting stroke
elementary backstroke or sidestroke, 50 yd.



Front crawl
flip turn, 50 yd.



Tread water
retrieve object off bottom, tread 1 min.



Back crawl
pull & flip turn, 50 yd.



Breaststroke
open turn, 50 yd.



Dive
standing



Butterfly
25 yd.

Topics Introduced

Hypothermia
Rescue Breathing
Hypoxic Blackout
Benchmark Skills

Goal Setting
CPR
Physical Activity
Cramps

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