



# Certificate of Achievement

This certifies that

\_\_\_\_\_ has achieved skills in B / Water Exploration.

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

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

My next stage should be:  B / Water Exploration  1 / Water Acclimation

**YMCA Swim Lessons**



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**YMCA Swim Lessons**

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

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

### Swimming Skills Developed



**Blow bubbles**  
mouth & nose submerged, assisted



**Front tow**  
blow bubbles, assisted



**Water exit**  
assisted



**Water entry**  
assisted



**Back float**  
assisted, head on chest

achieved  taught, but yet to be achieved



**Roll**  
assisted, back to front & front to back



**Front float**  
blow bubbles, assisted



**Back tow**  
assisted, head on chest



**Monkey crawl**  
assisted, on edge, 5 ft.

### Topics Introduced

Ask Permission  
Swim Attire  
Safe Swim Area  
Life Jackets

Reach or Throw, Don't Go  
Hypothermia  
Choking  
Beaches

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

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

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