






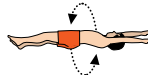



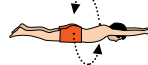
Student: _____ Instructor: _____ Date: _____

My next stage should be: 2 / Water Movement 3 / Water Stamina

Swimming Skills Developed

achieved taught, but yet to be achieved

-  **Submerge**
look at object on bottom
-  **Front glide**
10 ft. (5 ft. preschool)
-  **Water exit**
independently
-  **Jump, push, turn, grab**
-  **Back float**
20 secs. (10 secs. preschool)

-  **Roll**
back to front & front to back
-  **Front float**
20 secs. (10 secs. preschool)
-  **Back glide**
10 ft. (5 ft. preschool)
-  **Tread water**
10 secs., near wall, & exit
-  **Swim, float, swim**
5 yd.






YMCA Swim Lessons

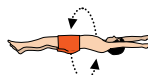



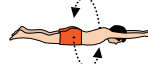
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Swimmer Feedback

I'm awesome at:

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I can improve on:

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Swimmer Feedback

I'm awesome at:

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I can improve on:

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