3 / WATER STAMINA

Mid-Session Report

Student: _____ Instructor: _____ Date: _____

My next stage should be: ☐ 3 / Water Stamina ☐ 4 / Stroke Introduction

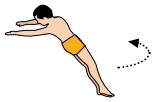
Swimming Skills Developed

☒ achieved ☒ taught, but yet to be achieved

☐ **Submerge**
retrieve object in chest-deep water

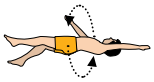
☐ **Swim on front**
15 yd. (10 yd. preschool)

☐ **Water exit**
independently



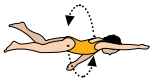
☐ **Jump, swim, turn, swim, grab**
10 yd.

☐ **Swim on back**
15 yd. (10 yd. preschool)



☐ **Roll**
back to front & front to back

☐ **Tread water**
1 min. & exit (30 secs. preschool)



☐ **Swim, float, swim**
25 yd. (15 yd. preschool)

YMCA Swim Lessons

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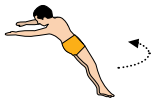
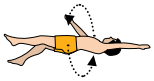


☐ **Jump, swim, turn, swim, grab**
10 yd.

☐ **Swim on back**
15 yd. (10 yd. preschool)



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back to front & front to back

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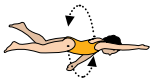
1 min. & exit (30 secs. preschool)



☐ **Swim, float, swim**
25 yd. (15 yd. preschool)

YMCA Swim Lessons

Swimmer Feedback

I'm awesome at:

I can improve on:

Swimmer Feedback

I'm awesome at:

I can improve on: