

Student: _____ Instructor: _____ Date: _____

My next stage should be: 4 / Stroke Introduction 5 / Stroke Development

Swimming Skills Developed

achieved taught, but yet to be achieved



Endurance
any stroke or combination of strokes, 25 yd.



Resting stroke
elementary backstroke, 15 yd.



Front crawl
rotary breathing, 15 yd.



Tread water
scissor & whip kick, 1 min.



Back crawl
15 yd.



Breaststroke
kick, 15 yd.



Dive
sitting



Butterfly
kick, 15 yd.

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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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