Instructor: _____ Date: ____



My next stage s	should be: 5 / Stroke Development 6 / Str	oke Mechanics	
Swimming	Skills Developed		□ achieved
	Endurance any stroke or combination of strokes, 50 yd. Front crawl bent-arm recovery, 25 yd. Back crawl pull, 25 yd. Dive kneeling		Resting stroke sidestroke, 25 yd. Tread water scissor & whip kick, 2 mins. Breaststroke 25 yd. Butterfly simultaneous arm action & kick, 15 yd.
			YMCA Swim Lessons
ne 📝 5	/ STROKE DEVELOPMENT		Mid-Session Report
South	/ STROKE DEVELOPMENT	Instructor:	Mid-Session Report Date:
South		Instructor: oke Mechanics	
Student:			
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Swimmer Feedback	
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William Peedback	
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