

Student: _____ Instructor: _____ Date: _____

My next stage should be: 5 / Stroke Development 6 / Stroke Mechanics

Swimming Skills Developed

achieved taught, but yet to be achieved



Endurance
any stroke or combination of strokes, 50 yd.



Front crawl
bent-arm recovery, 25 yd.



Back crawl
pull, 25 yd.



Dive
kneeling



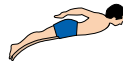
Resting stroke
sidestroke, 25 yd.



Tread water
scissor & whip kick, 2 mins.



Breaststroke
25 yd.



Butterfly
simultaneous arm action & kick, 15 yd.

Student: _____ Instructor: _____ Date: _____

My next stage should be: 5 / Stroke Development 6 / Stroke Mechanics

Swimming Skills Developed

achieved taught, but yet to be achieved



Endurance
any stroke or combination of strokes, 50 yd.



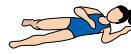
Front crawl
bent-arm recovery, 25 yd.



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.

Swimmer Feedback

I'm awesome at:

.....
.....
.....

I can improve on:

.....
.....
.....

Swimmer Feedback

I'm awesome at:

.....
.....
.....

I can improve on:

.....
.....
.....