


Student: _____


Instructor: _____ Date: _____

My next stage should be: 6 / Stroke Mechanics Other:


Swimming Skills Developed


achieved taught, but yet to be achieved

 **Endurance**
any stroke or combination of strokes, 150 yd.

 **Resting stroke**
elementary backstroke or sidestroke, 50 yd.

 **Front crawl**
flip turn, 50 yd.

 **Tread water**
retrieve object off bottom, tread 1 min.

 **Back crawl**
pull & flip turn, 50 yd.

 **Breaststroke**
open turn, 50 yd.

 **Dive**
standing

 **Butterfly**
25 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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