

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. Front crawl flip turn, 50 yd. Back crawl pull & flip turn, 50 yd. Dive standing		Resting stroke elementary backstroke or sidestroke, 50 yd. Tread water retrieve object off bottom, tread 1 min. Breaststroke open turn, 50 yd. Butterfly 25 yd.
		YMCA Swim Lessons
6 / STROKE MECHANICS		Mid-Session Report
6 / STROKE MECHANICS Student:	Instructor:	Mid-Session Report Date:
	Instructor:	
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Student: My next stage should be: 6 / Stroke Mechanics Other:	Instructor: _	Date:
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Swimmer Feedback	
m awesome at:	I can improve on:
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William Freedback	
m awesome at:	I can improve on: