



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

○ Learning  
○ Achieved

# Grants Pass Family YMCA SWIM LESSON ACHIEVEMENT LOG

Student \_\_\_\_\_ Session \_\_\_\_\_ Stage \_\_\_\_\_ Day/Time \_\_\_\_\_ Instructor \_\_\_\_\_ Next Stage \_\_\_\_\_

	Stage 1 Water Acclimation	Stage 2 Water Movement	Stage 3 Water Stamina	Stage 4 Stroke Introduction	Stage 5 Stroke Development	Stage 6 Stroke Mechanics
<b>Submerge Breath Control</b>	<b>Bob Independently</b>	<b>Look bottom</b> Side Breathing @ Wall	<b>Submerge</b> Retrieve object in chest-deep water	<b>Bob</b> in deep end scissor kick 2 minutes	<b>Bob</b> in deep end scissor kick 5 minutes	
<b>Swim on Front</b>	<b>Front Float</b> , assisted 5 – 10 secs w/ recovery	<b>Front Float</b> 10-20 Seconds	<b>Swim on Front</b> , rotary arms breathe 10-15 yds	<b>Front Crawl</b> , rhythmic breathing 10-15 yds	<b>Front Crawl</b> bent arm recovery 25 yards	<b>Front Crawl</b> 50 yards with flip turn 50 yards
	<b>Front Glide</b> , assisted to wall 5 feet	<b>Front Glide</b> , 10 feet		<b>Breaststroke Kick</b> 10 - 15 yds	<b>Breaststroke</b> 25 yards	<b>Breaststroke</b> , open turn 50 yards
				<b>Butterfly Kick</b> 10-15 yds	<b>Butterfly</b> simultaneous arm action & kick 15 yd	<b>Butterfly</b> 25 yards
<b>Swim on Back</b>	<b>Back float</b> , assisted 5-10 seconds	<b>Back Float</b> 10 – 20 Seconds	<b>Back Float</b> 1 minute	<b>Back Float</b> 3 minutes	<b>Back Float</b> 5 minutes	
	<b>Back Glide</b> , assisted at wall, 5 feet	<b>Back Glide</b> 10 Feet	<b>Swim on Back</b> 10-15 yards	<b>Back Crawl</b> 15 yards	<b>Back Crawl</b> 25 yards	<b>Back Crawl</b> with flip turn 50 yards
<b>Water Safety</b>	<b>Roll</b> , assisted back to front & front to back	<b>Roll</b> back to front & front to back	<b>Roll</b> back to front & front /back 10-15yds			<b>Bob, float &amp; tread water</b> 5 - 8 min
		<b>Tread Water</b> near wall 10 seconds & exit	<b>Tread water</b> 30 sec, & exit	<b>Tread Water</b> with whip & scissor kick 1 minute	<b>Tread Water</b> with whip & scissor kick 2 minutes	<b>Tread Water</b> , get object off bottom & tread 1 min
	<b>Water Exit</b> Independently	<b>Jump in</b> , surface on back, return to wall, roll back to front, grab wall	<b>Jump in deep end</b> , surface on back, return to wall, roll back to front, grab wall	<b>Resting Stroke</b> Elementary Backstroke 15 yards	<b>Resting Stroke</b> Sidestroke 25 yards	<b>Resting Stroke</b> Elementary Backstroke or Sidestroke 50 yards
	<b>Jump, Push, Turn, Grab &amp; Exit</b> assisted	<b>Jump, Push, Turn, Grab &amp; Exit</b>	<b>Jump, Swim, Turn, Swim &amp; Exit</b> 5-10 yds			
	<b>Swim, Float, Swim &amp; exit</b> assisted 10 feet	<b>Swim, Float, Swim &amp; Exit</b> assisted 5 yards	<b>Swim, float, Swim &amp; Exit</b> 15 – 25 yards	<b>Endurance Swim</b> 25 yards	<b>Endurance Swim</b> 50 yards	<b>Endurance Swim</b> 150 yards
<b>Diving</b>	<b>Glide off stairs</b> roll front to back	<b>Glide off stairs</b> roll front to back 5-10 ft		<b>Sitting Dive</b>	<b>Kneeling Dive</b>	<b>Standing Dive</b>

