

PATRIOTS



LESSONS



Swim Lessons - Level 1

Name: _____

	Skill	Grade	Instructors Notes
1	Water Comfort (Face in H ₂ O)	1 - 2 - 3 - 4	
2	Kicking on a Board (Full Width)	1 - 2 - 3 - 4	
3	Front Float (5 seconds)	1 - 2 - 3 - 4	
4	Back Float (8 seconds)	1 - 2 - 3 - 4	
5	Streamline Front Glide	1 - 2 - 3 - 4	
6	Streamline Back Glide	1 - 2 - 3 - 4	
	Total Grade =		Swimmer must have a total of 20 or better in order to move up to Level 2!

Instructors: _____