

PATRIOTS



LESSONS



# Swim Lessons - Level 2

Name: \_\_\_\_\_

	Skill	Grade	Instructors Notes
1	Front Crawl or Freestyle	1 - 2 - 3 - 4	
2	Backstroke	1 - 2 - 3 - 4	
3	Streamline Kick on Back	1 - 2 - 3 - 4	
4	Sitting Dive	1 - 2 - 3 - 4	
5	Streamline Front Glide w/Kick	1 - 2 - 3 - 4	
6	Streamline Back Glide w/Kick	1 - 2 - 3 - 4	
	Total Grade =		Swimmer must have a total of 21 or better in order to move up to Level 3!

Instructors: \_\_\_\_\_