

PATRIOTS



LESSONS



# Swim Lessons - Level 3

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

	Skill	Grade	Instructors Notes
1	Freestyle (Extended Distance)	1 - 2 - 3 - 4	
2	Backstroke (Extended Distance)	1 - 2 - 3 - 4	
3	Rotary Breathing	1 - 2 - 3 - 4	
4	Breaststroke Kick	1 - 2 - 3 - 4	
5	Butterfly Kick	1 - 2 - 3 - 4	
6	Kneeling Dive	1 - 2 - 3 - 4	
7	Flip Turn (Freestyle)	1 - 2 - 3 - 4	
	Total Grade =		Swimmer must have a total of 23 or better in order to move up to Level 4!

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