

Name: _____

Date: _____

JAX 101 GOALS				
Skill	Key Points	YES	NO	NOTES
Pool safety basics	Entering & exiting; Safe on platform/wall; Following directions			
Blowing bubbles	Submerges mouth, nose, eyes			
Float on front	May be assisted; Face in water; Relaxed			
Float on back	May be assisted; Ears, shoulders, feet in water; Relaxed			
Kicking on front	May be assisted; No running legs; No flying feet			
Kicking on back	May be assisted; No lifting knees; Feet at/under surface			
Jumping	May be assisted; May request to not go under			
Enjoyment	Not afraid of lessons; Trusts instructor; Gaining confidence			

Thank you for participating with Jackson Swim Team. I hope you will **sign up for more JAX lessons** to continue improving. I recommend you sign up for _____ next. Please check your email for a **survey** – we value your feedback! If you have any questions, contact jaxswimming@gmail.com . Hope to see you back at the pool soon!

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