

Name: _____

Date: _____

JAX 201 GOALS				
Skill	Key Points	YES	NO	NOTES
Float on front	Unassisted; Relaxed; Face submerged			
Float on back	Unassisted; Relaxed; Ears, shoulders, feet submerged			
Bobbing	Fully submerging; Bubbles, air exchange			
Glide on front	Rocket Ship position, face can be out, body lengthened, can be assisted			
Glide on back	Ears, shoulders, feet in water; Beginner streamline, can be assisted			
Rolling	May be assisted; Front to back; Back to front			
Kicking (front & back)	Unassisted, may use kickboard; Proper flutter kick			
Underwater arm strokes (front)	Simultaneous arms; Alternating arms			
Underwater arm strokes (back)	Simultaneous arms; Survival backstroke			
Jumping	Unassisted; Completely submerge			
Swim 5 yards or more	Unassisted; Any method			

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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