

Name: _____

Date: _____

JAX 301 GOALS				
Skill	Key Points	YES	NO	NOTES
Glide on front	Face in, looking at bottom; Beginner streamline			
Glide on back	Ears, shoulders, feet in water Beginner streamline			
Rolling	Front to back & Back to front; Bubbles and breathing			
Swim 15 yards +	Uanassisted; Freestyle and/or backstroke			
Intro to side breathing	Rolling to breathe; Keep ear in water			
Intro to breaststroke	Simultaneous, symmetrical arms and legs (can separate)			
Intro to butterfly	Undulation; Legs together			

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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