		Date:		
	XAI	301 GOA	LS	
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			
Name:		Date:		
Name:				
Name:	JAX	Date:	LS	NOTES
		301 GOA	LS	
Skill	JAX Key Points	301 GOA	LS	
Skill Glide on front	JAX  Key Points  Face in, looking at bottom; Beginner streamline	301 GOA	LS	
Skill Glide on front Glide on back	JAX  Key Points  Face in, looking at bottom; Beginner streamline  Ears, shoulders, feet in water Beginner streamline	301 GOA	LS	
Skill Glide on front Glide on back Rolling	Key Points Face in, looking at bottom; Beginner streamline Ears, shoulders, feet in water Beginner streamline Front to back & Back to front; Bubbles and breathing	301 GOA	LS	
Skill Glide on front Glide on back Rolling Swim 15 yards +	Front to back & Back to front; Bubbles and breathing Uanassisted; Freestyle and/or backstroke	301 GOA	LS	

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

to see you back at the pool soon!

\_ next. Please check your email for a **survey** – we value your feedback! If you have any questions, contact jaxswimming@gmail.com . Hope