

Name: _____ Date: _____

JAX 101 GOALS

Skill	Key Points	YES	NO
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		

JAX 201 GOALS

Skill	Key Points	YES	NO
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		

JAX 301 GOALS

Skill	Key Points	YES	NO
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 +	Unassisted; 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		

JAX 401 GOALS

Skill	Key Points	YES	NO
Streamline on front	Underwater; Hand over hand; Locked elbows behind head		
Streamline on back	Hand over hand; Locked elbows behind head		
Swim freestyle	Unassisted, 25 yards or more		
Swim backstroke	Unassisted, 25 yards or more		
Breathe to the side	Beginner level rotary breathing for freestyle; Intro to breathing pattern		
Basic breaststroke skills	Symmetrical legs, not scissors; Arm pattern (11-Y-Eat-Reach)		
Basic butterfly skills	Undulation; Legs together; Arm pull pattern (not recovery)		
Introduction to diving (deep end)	Seated dive; Kneeling dive		

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!