

Name: \_\_\_\_\_

Date: \_\_\_\_\_

JAX 401 GOALS				
Skill	Key Points	YES	NO	NOTES
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](mailto:jaxswimming@gmail.com) . Hope to see you back at the pool soon!

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