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

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

Skill Proficiency

Level: Shark 1

\_\_\_\_\_\_ Swim for 20 feet

\_\_\_\_\_\_ Swim for 10 feet with face in

\_\_\_\_\_\_ Front crawl with refined rotary breathing

\_\_\_\_\_\_ Back crawl

\_\_\_\_\_\_ Breast Stroke with introduction to whip kick

\_\_\_\_\_\_ Kneel dive

\_\_\_\_\_\_ Introduction to the Butterfly Stroke

\_\_\_\_\_\_ Starts and Turns

\_\_\_\_\_\_ Swims unassisted with Noodle

Instructor: \_\_\_\_\_\_\_\_\_\_\_\_

Advanced Aquatics

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