

PATRIOTS



Swim Lessons - Level 4

Name: _____

	Skill	Grade	Instructors Notes
1	Legal Freestyle w/ Rotary Breathing 25yd	1-2-3-4	
2	Legal Backstroke (25 yards)	1-2-3-4	
3	Breaststroke (25 yards)	1-2-3-4	
4	Butterfly (25 yards)	1-2-3-4	
5	Flip Turn (Freestyle & Backstroke)	1-2-3-4	
6	Open Turn (Breaststroke & Butterfly)	1-2-3-4	
7	Block Start	1-2-3-4	
8	Underwater Dolphin Kick	1-2-3-4	
	Total Grade =		Swimmer must have a total of 27 or better to be ready for Swim Team.

Instructors: _____