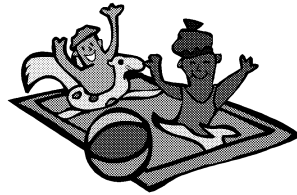


Adult Swim For Conditioning I Checklist

Student has learned the following skills:

- ✓✓✓ = Mastered
- ✓✓ = Good
- ✓ = Needs more practice



- _____ Design personal workouts
- _____ Swim 500 yards continuously
- _____ Turns: Open & Flip
- _____ Knowledge of common training tools

Instructors Comments:

Adult Swim For Conditioning I

Student's Name

Instructor

Date

Pool