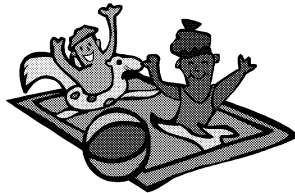


Adult Swim For Conditioning II Checklist

Student has learned the following skills:

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



- _____ Design personal workouts
- _____ Turns: Open & Flip
- _____ Knowledge of common training tools
- _____ Test 1:
 - 50m freestyle _____
 - 50m backstroke _____
 - 100m freestyle _____
 - 100m backstroke _____
- _____ Test 2:
 - 500m _____
 - 800m/1000m _____
 - 2x400m 1st: _____ 2nd _____
 - Total distance: _____ Time: _____

Instructors Comments:

Adult Swim For Conditioning II

Student's Name

Instructor

Date

Pool