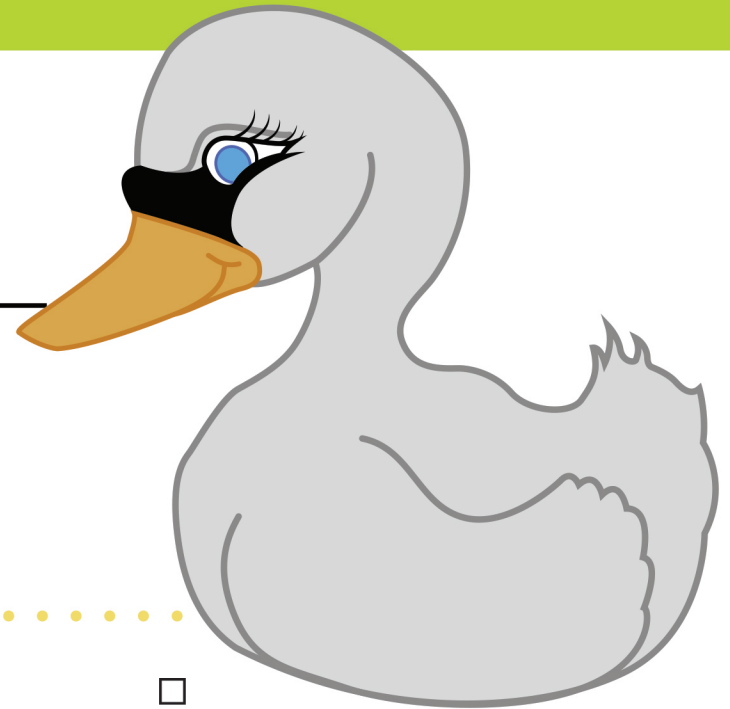




Suzie the Swan

# Stroke Development



## Level 4 Child Swim

This is my record of Swimming Knowledge:



- |                                 |                               |                                     |   |                                       |
|---------------------------------|-------------------------------|-------------------------------------|---|---------------------------------------|
| <input type="checkbox"/>        | <input type="checkbox"/>      | <input type="checkbox"/>            | <input type="checkbox"/>                |                                       |
| Swimming Freestyle & Backstroke | Breaststroke & Butterfly Kick | Breathing to the side for Freestyle | Intro to Breaststroke & Butterfly       |                                       |
| <input type="checkbox"/>        | <input type="checkbox"/>      | <input type="checkbox"/>            | <input type="checkbox"/>                | <input type="checkbox"/>              |
| Submerged object retrieval      | Open Turn front & back crawl  | Continuous swimming                 | Jumping & recovery to wall - Deep Water | Intro to diving (kneeling & standing) |