

**NWA Junior Swimming Skills Program**  
 Sample Tags .. For more details and examples, contact NWA



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**Introduction to Swimming Skills**

**Learning New Skills  
 is  
 FUN**

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**Quiz 1  
 Achiever**

**I did well**  
*(not just a pretty face)*

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**Skills I have mastered**

**F/S Kick** with kickboard  
 with and w/o fins

**B/K** with kickboard  
 with and w/o fins

**Lateral F/S Kick**  
 with board and fins

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**NWA Swimming** 5

**Poolside  
 Breaststroke  
 Drills**

*I know the cues, and  
 I can do the drills*

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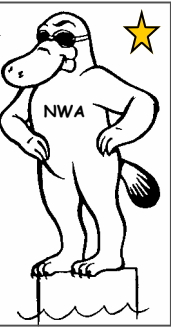


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**DIVING**

**I  
 can  
 do that**

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**I'm  
 a  
 Legend**


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**BONUS**

**Today  
 I  
 was a  
 Star**

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**BONUS**

Bi-lateral Breathing (3/5): helps balance your stroke  
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