release - demonstrate	Gramp																				
nivo deep water; level; then swim																					
miws nəht; teep water; then sister si umul ts	rif təəf																				
teolt levivu2																					
g off	luiləvəl																				
s over (front to back)	gninnuT																				
of direction	อซิทธสว																				
ie stroke on the back	nidmoጋ																				
ie stroke on the front	nidmoD																				
əuidns - әҗо.	ıte mıA																				
oke (Human Stroke or Dog Paddle)	ıtı mıA																				
Kick glide on the back																					
Kick glide on the front																					
əbilg əniqu2\tsolf əniqu2																					
Prone float/Prone glide																					
BnidtsərB əimdtyd A/Bniblod	Breath																				
TEEN SWIM CHECK-OFF REQUIREMENTS Club	First Name																				
	Last Name																				
TEEN SY REQUIF Club	Time	1	2	3	4	5	9	2	8	6	10	11	12	13	14	15	16	17	18	19	20