

MY ACCOMPLISHMENT CHECKLIST

LEARN TO SWIM: IT'S NEVER TOO LATE

CONQUER YOUR FEAR AND ENJOY THE WATER

Keep your Accomplishment Checklist handy and visible and put a ✓ as you complete each task

CHAPTER	FOCUS	PRACTICED/ SCORE	WROTE IN JOURNAL
CHAPTER 1: Introduction	Current comfort level around water	n/a	
CHAPTER 3: Making the most of this book	Reinforce your learning	n/a	
CHAPTER 4: Get comfortable in the water	Getting in the water Turtle Arms		
	Squat Walking		
	Get the water out of your mouth		
	Casual breath holding to face in the water		
	Blow out the candle		
	Get the water out of your nose		
	Rhythmical Breathing		
CHAPTER 5: Before you start swimming - floating prone	5 steps to floating prone		
	3 parts to stand up		
	Put 'em Together floating prone to stand up		
CHAPTER 6: Time to move	Turtle arms refereshes		

CHAPTER	FOCUS	PRACTICED/ SCORE	WROTE IN JOURNAL
	Freestyle in the water		
	Sculling backwards		
	Sculling forwards		
	Sculling to stay in place		
	First step to treading		
CHAPTER 7: Freedom in floating and swimming face up	Easing into floating on your back		
	Monkey on the wall		
	On your back from holding the wall		
	Supine floating with a kick board		
	Monkey, airplane, soldier arms		
	Water on the face calmly blow it off		
	Three components to rolling over		
	360 rollovers, yes spinning		
	Half rolls		
CHAPTER 8: Breathing is not overrated	Freestyle and rolling on to your back review		
	Roll on your back when you want to breath in freestyle		
	Turtle observation and mimic		
	Play time and recap		
	9 Focuses to review and refine		

CHAPTER	FOCUS	PRACTICED/ SCORE	WROTE IN JOURNAL
CHAPTER 9: Bring it all together	Arms and legs doing the same thing at the same time		
	Get to specifics...sort of		
	Prone practice time and more important tips & thoughts		
	Three kicks, two kicks, one kick		
	Main goal with flutter kick		
	Maximize propulsion		
	Back flutter		
	Your head is key		
CHAPTER 10: Time to fly	Dolphining		
	Minimize drag and resistance		
	Butterfly arm motion		
	Putting it together		
CHAPTER 11: Holy crap I am swimming	How far you have come		
	Keys to swimming	n/a	
	Keep connected	n/a	
CHAPTER 12: You have earned your bonus	Advantages of learning	n/a	
	Bonus time	n/a	