



MY ACCOUNTABILITY PROGRAM

My goal: [Lifetime Swimmer](#)

STEP 1

- I feel safer in the pool
- I feel more comfortable in the water
- I can have my entire body underwater

STEP 2

- I can float with the help of the wall
- I can float on my own
- I can glide

STEP 3

- I understand basics of kicking
- I can kick with floating
- I can kick in a streamline position

STEP 4

- I understand the concept of Freestyle strokes
- I can perform Freestyle strokes in a streamline position
- I can swim Freestyle

STEP 5

- I understand the concept of floating on my back
- I can float on my back
- I can do a resting stroke on my back

STEP 6

- I can float on the front, then switch to my back
- I can swim freestyle, then switch to swimming resting stroke
- I can tread water
- I can jump in the water