



La Petite Baleen

Little Fin Progress Report

Working toward a Gold Ribbon

When you achieve each of these skills, you will receive a sticker to place in the corresponding circle.

38' legal freestyle with bilateral breathing

Freestyle

38' legal backstroke with legal backstroke start

Backstroke

38' legal breaststroke

Breaststroke

38' legal butterfly

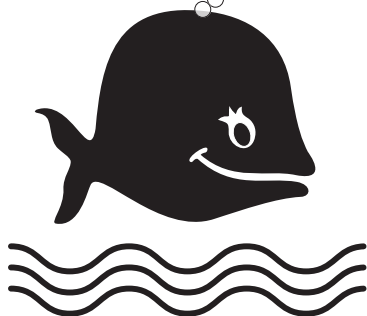
Butterfly

38' underwater dolphin kicks in streamline position

Underwater
Dolphin
Kicks

Racing dive to freestyle swim

Racing
Dives



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Here are some homework ideas to strengthen kicking:

To strengthen back and tummy muscles to improve kicks, try the following exercises:

1. Lay flat with back on the floor; lift legs an inch or two off the ground and point toes; then kick 1,2,3,4,5 and rest. Repeat 10 times.
2. Roll over on tummy and lift your legs an inch off the ground (this is much more difficult than the exercise above.) Kick 1,2,3,4,5 and rest. Repeat 10 times.