

Swim Class - 2008 Spring Q2 - Hayward (Sunday)

9 Sundays = April 6, 13, 20, 27; May 4, 11, 18; Jun 1, 8;

No Class Dates: May 25

Racer Class 8:00-9:00 Am

Swimming Skills Evaluation	2-Side Breath	FR Flip Turn	Back Flip Turn	Race Dive	FR 50 yd	Back 50 yd	BR 50 yd	Fly 50 yd	FR 800 yd	Training Endurance	Racing Strategy	Next Level To Enroll
Nicholas Lam	5		4.5		42"	55"	1'13"	1'01"				Racer I
Karen Shi	5		5		39"	50"	1'02"	1'02"				Racer I
Lorman Lau	5		5		42"	46"	51"	55"				Racer II

Advanced Class 8:00-9:00 am

Swimming Skills Evaluation	Push Off	Tread Water	Under Water	BR Pull Down	Dolphin Kick	Fly Swim	IM Turns	FR 50 yd	Back 50 yd	BR 50 yd	Fly 25yd	Next Level To Enroll
Matthew Wong	4		4		4	3		1'7"	1'25"	1'32"	51"	Advanced II
Jamie Li	4		4		4	3		1'2"	1'21"	1'25"	38"	Comp I
Justin Guan	4.5		4.5		4	3.5		55"	1'02"	1'26"	47"	Comp II
Diana Gong	4.5		4.5		2	3.5		1'17"	1'19"	1'27"	50"	Advanced II
Charles Xiao	4.5		4		3	1		1'19"	1'39"	1'54"		Advanced I
Ray Chang	4.5		4.5		3	4.5		1'36"	1'35"	1'44"	1'00"	Advanced I
Douglas Lam	4		4		4	3		1'01"	1'16"	1'50"	50"	Advanced II

Intermediate Class 8:00-9:00 am

Swimming Skills Evaluation	Push off FR/BK	Back Kick	BR Kick	FR Catch-up	FR Side Breath	BK/BR Finish	Circle Swim	FR 50 yd	BK 50 yd	BR 50 yd	Fly 25 yd	Next Level To Enroll
Aurielle Gonzalez	5	4	3	5	5	4	5	1'18"	1'32"	1'55"	54"2	Advanced I
Josh Warren	5	5	5	4	5	5	5	1'3"	1'14"	1'32"	46"	Comp I
Tiger Jia	5	4	4	5	5	4	5	1'26"	1'49"	3'02"	1'14"	Intermediate II
Ryan Warren	5	4	5	4	5	4.5	5	1'17"	1'50"	1'33"	54"	Intermediate II
Andy Chen	5	4	4	4	5	3	5	1'32"	2'14"	2'31"	1'07"	Intermediate I
Eric Shen	5	5	3.5	5	5	3	5	1'38"	1'47"	2'31"	1'16"	Intermediate II

Blank – Untested

X - Incapable

1 – Barely

2 – Fair

3 – Capable

4 – Good

5 – Excellent