



**MARSDEN  
SWIM  
SCHOOL**

# Proficiency Certificate

presented to

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Teacher

Date

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## STARFISH

*Water Familiarisation*

- Assisted Monkey Hold
- Assisted Safe Entries and Exits
- Voluntary Arm and Leg Movements
- Assisted Back Float on Mat
- Get Face Wet



## SEAHORSES

*Water Safety*

- Voluntary Monkey Hold
- Enter and Exit Water Safely
- Assisted Glide Forward
- Exhale (blow bubbles) and/or Hold Breath
- Assisted Turnaround



## STINGRAYS

*Water Mobility*

- Swimming without Breathing
- Seated Dive
- Open Eyes and Identify Object
- Assisted Dive Under to Retrieve Object
- Assisted Back Float in Water
- Voluntary Turnaround



## TURTLES

*ONE | Learn to Swim*

- Glide Forward and Recover
- Swimming with Breathing
- Dive Under to Retrieve Object
- Back Float (with Kickboard) for 30 secs
- Kick 5m with Kickboard
- Grasp Rescue Aid and be Pulled to Safety



## SEALS

*TWO | Learn to Swim*

- Glide Forward and Kick 3m without Aid (Torpedo)
- Glide Backwards and Kick 3m; Recover
- Swim 5m with "Big Arms"
- Move Through Water Using Breaststroke Arms
- Star Float on Back and Recover
- Star Float on Front and Recover
- Swim Through a Submerged Obstacle



## DOLPHINS

*THREE | Learn to Swim*

- Swim 10m Basic Freestyle
- Swim 5m Basic Backstroke
- Swim 5m Basic Breaststroke
- Kneeling/Crouch Dive
- Confidence in Deep Water
- Jump in With PFD\*, Float 30 secs, Climb Out
- Survival Scull for 30 secs and Float for 1 minute with Aid



## SHARKS

*FOUR | Learn to Swim*

- Swim 15m Freestyle, Basic Turning of Head to Side
- Swim 10m Basic Backstroke
- Swim 10m Survival Backstroke, Symmetrical Leg Action
- Attempt Butterfly (Including Dolphin Kick for 5m)
- Recover Object from Water Deeper than Body Height
- Standing Dive Entry
- Scull Head First, Feet First on Back



## BARRACUDAS

*FIVE | Stroke Development*

- Swim 25m Freestyle, Good Technique
- Swim 25m Backstroke, Good Technique
- Swim 25m Survival Backstroke, Symmetrical Legs
- Swim 25m Breaststroke, Correct Timing
- Surface (Duck) Dive and Recover Object from Chest-Deep Water
- Swim 15m Basic Butterfly
- Survival Scull for 1 min, Then Swim for 1 min Holding Aid
- Reach Rescue
- Float on Front, Back and Side in Deep Water
- Fall-In Entry and Exit from Deep Water
- Put on PFD\*, Jump in, Float 30 secs, Climb Out



## ORCAS

*SIX | Stroke Development*

- Swim 50m Freestyle, Bilateral Breathing
- Swim 50m Backstroke, Good Technique
- Swim 50m Breaststroke, Good Technique
- Swim 25m Butterfly, Good Technique
- Racing Dive
- Stride Entry
- Clothed Survival Swim (100m), Tread Water 2 mins
- Tread Water for 10 mins
- Put On PFD\* While Treading Water, Swim 25m and Climb Out
- Throw a Rescue Flotation Aid to a Partner at 5m



## MANTA RAYS

*SEVEN | Advanced Stroke Development*

- Swim 200m Freestyle, Bilateral Breathing
- Swim 50m Backstroke, Correct Technique
- Swim 50m Breaststroke, Correct Technique
- Swim 50m Butterfly, Correct Technique
- Freestyle Tumble Turn
- Complete 100m Medley
- Eggbeater Kick without Arms
- Put on PFD\* While Treading Water, Swim 100m, Climb Out

\* Personal Flotation Device