

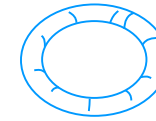
MARSDEN
SWIM
SCHOOL

Proficiency Certificate

Presented to

Teacher

Date



WATER SAFETY SKILLS

- Grasp Rescue Aid and be Pulled to Safety
- Jump in With PFD*, Float 30 secs, Climb Out
- Survival Scull for 30 secs and Float for 1 minute with Aid

*Personal Flotation Device

STARFISH

Water Familiarisation

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

STINGRAYS

Water Mobility

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

SEALS

TWO | *Learn to Swim*

- Kick 3m without Aid (Torpedo)
- Kick 3m on back
- 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
- Seated Dive

SEAHORSES

Water Safety

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

DOLPHINS

THREE | *Learn to Swim*

- Swim 10m Basic Freestyle
- Swim 5m Basic Backstroke
- Move Through Water using Breaststroke Kick
- Kneeling/Crouch Dive
- Confidence in Deep Water
- Attempt Side Breathing

Comments:



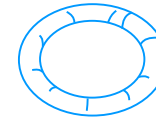
MARSDEN
SWIM
SCHOOL

Proficiency Certificate

Presented to

Teacher

Date



WATER SAFETY SKILLS

- Surface (Duck) Dive and Recover Object from Chest-Deep Water
- 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
- 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
- Put on PFD* While Treading Water, Swim 100m, Climb Out

*Personal Flotation Device

SHARKS

FOUR | Learn to Swim

- Swim 15m Freestyle, Basic Turning of Head to Side
- Swim 10m Basic Backstroke
- Swim 10m Basic Breaststroke
- Swim 10m Survival Backstroke, Symmetrical Leg Action
- Dolphin Kick for 10m
- Standing Dive Entry
- Forward Somersault

BARRACUDAS

FIVE | Stroke Development

- Swim 25m Freestyle, Good Technique
- Swim 25m Backstroke, Good Technique
- Swim 25m Breaststroke, Correct Timing
- Swim 25m Survival Backstroke, Symmetrical Legs
- Swim 15m Basic Butterfly
- Freestyle Tumble Turn
- Dive off Block, Correct Body Position

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 (Freestyle)
- Scull Head First, Feet First on Back
- Backstroke Start
- Breaststroke Pulldown

MANTA RAYS

SEVEN | Advanced Stroke Development

- Swim 200m Freestyle, Bilateral Breathing
- Swim 100m Backstroke, Correct Technique
- Swim 100m Breaststroke, Correct Technique
- Swim 50m Butterfly, Correct Technique
- Complete 100m Medley with Correct Turns
- Breaststroke/Butterfly Turn
- Racing Dive (Breaststroke)
- Racing Dive (Butterfly)

Comments:
