



*Learn to Swim, Life Saving and  
Stroke Development Programmes*

# Certificate of Achievement

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HAS ATTAINED THE LEVEL OF

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TEACHER

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DATE



Member of Swim Australia  
Swim School Registration Scheme.

## Pippi



- ✓ Become more water confident
- ✓ Wade across pool
- ✓ Assisted Back and Front Float (with face in water)

## Jelly Blubber



- ✓ Confident and Familiarised to the Water Environment
- ✓ Submerge Comfortably
- ✓ Independent Front & Back Float

## Starfish



- ✓ A Straight Torpedo with a Good Head & Body Position
- ✓ Backstroke Kick with a Straight Body Position
- ✓ Rotate Independently between Front & Back Float

## Seahorse



- ✓ Freestyle: Four Big Straight Arms & a Fluent Kicking Action (No Breathing)
- ✓ Backstroke: Continuous Arms with a Straight Body & Toes Bubbling the Surface

## Octopus



- ✓ 10m Freestyle: Straight Arms, Ear on the Water, Fluent Kick & the use of Bi-Lateral Breathing
- ✓ 10m Backstroke: Continuous Backstroke Arms, Straight Body Position & a Fluent Kick Action

## Turtle



- ✓ 15m Freestyle: A Streamline Freestyle Position with Continuous Kick & the use of Bi-Lateral Breathing
- ✓ 15m Backstroke: Continuous Backstroke Arms, Straight Body Position & a Fluent Kick Action
- ✓ Breaststroke: A Glide & Kicking Both Feet Turned Out and Knees Shoulder Width Apart

## Crocodile



- ✓ 25m Freestyle: A Streamline Freestyle Position with Continuous Kick & the use of Bi-Lateral Breathing
- ✓ 25m Backstroke: Continuous Backstroke Arms, with a High Straight Body Position, a Slight Body Roll & Fluent Kick Action
- ✓ 15m Breaststroke: Using a Glide & Basic Stroke Timing

## Barracuda



- ✓ 50m Freestyle: A Correct Streamline Freestyle Position with Continuous Kick & Bi-Lateral Breathing
- ✓ 50m Backstroke: Continuous Backstroke Arms, with a High Straight Body Position, Good Body Roll Action & Fluent Kick
- ✓ 25m Breaststroke: A Glide and Correct Stroke Timing
- ✓ Eight Butterfly Arms in Continuous Motion
- ✓ 10m Continuous Butterfly Kicking (No Breathing)