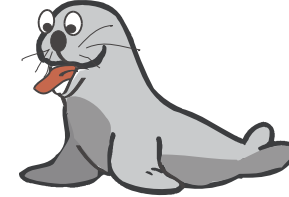




Swim Fit Swim School Learn to Swim Program



Seal

In this level I have learnt how to:

- Do a streamline on my front
- Do a streamline on my back
- Swim catch-up freestyle for 12 metres
- Swim catch-up backstroke for 12 metres
- Do a somersault
- Do a crouching dive
- Do an Assisted Standing Dive
- I am ready to move up to the next class!

Date: _____

Teachers Name: _____

Cotton Tree Aquatic Centre 5443 5601 - Nambour Aquatic Centre 5476 0455 - Coolum Peregian Aquatic Complex 5473 9042