



## Swim Fit Swim School Learn to Swim Program



### Seahorse

In this level I have learnt how to:

- Kick and Paddle for 12 metres
- Do a torpedo on my own
- Swim with 4 Big Arms
- Do Back and Front floats on my own
- Freestyle kick with a board for 12 metres
- Back kick without a board for 12 metres
- Do a Kneeling Dive
- Do survival entries
- 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