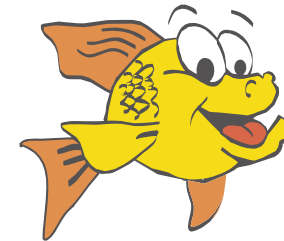




Swim Fit Swim School Learn to Swim Program



Goldfish A

In this level I have learnt how to:

- Be water confident
- Have water poured over my face and I don't mind!
- Hold my breath when teacher says 1, 2, 3
- Go underwater
- Hold onto the bar by myself
- Turn around under water
- Crawl along the mat
- Float on my back with help
- I am ready to move up to the next class!

Date: _____

Teachers Name: _____