Turtle

Stroke Development

DEVELOP PROPER STROKES & ENDURANCE

TRIED	DID IT!	CONFIDENT	
○	○	○	Side breathing practice.
○	○	○	Swim 10–15 metres front crawl.
○	○	○	Swim 10–15 metres backstroke.
○	○	○	Streamline push and glide.
○	○	○	Strong flutter kick.
○	○	○	Coordinated arm movements.
○	○	○	Tread water 10 seconds.
○	○	○	Jump in and swim to wall.
○	○	○	Jump into deep water, surface safely, and swim to the wall.
○	○	○	Swim underwater for 3–5 metres.
○	○	○	Swim while wearing a light T-shirt or clothing layer.

Turtle Diploma

I HAVE SHOWN THAT I CAN SWIM WITH DEVELOPING STROKES AND DEMONSTRATE IMPORTANT WATER-SAFETY SKILLS.

NAME :

DATE OF BIRTH: _____

DIPLOMA RECEIVED ON: _____

WELL DONE! YOU ARE A SUPERSTAR... NOW ONTO DOLPHIN!