



Dolphin

Proficient Swimmer

CONFIDENCE, TECHNIQUE & ENDURANCE

- Swim 25 metres front crawl.
- Swim 25 metres backstroke.
- Coordinated breathing with strokes.
- Streamline push-offs.
- Swim continuously for 1 minute.
- Tread water 30 seconds.
- Surface dive and retrieve object.
- Jump or dive safely.
- Hook dive to retrieve object.
- Swim through hoop under water.
- Swim 25 meters with clothes & runners.

Dolphin Diploma

**I HAVE SHOWN THAT I AM A CONFIDENT SWIMMER WHO CAN SWIM A
FULL LENGTH WITH GOOD TECHNIQUE AND SAFETY AWARENESS.**



NAME :

DATE OF BIRTH:

DIPLOMA RECEIVED ON:

YOU'VE DONE IT! YOU MADE IT ALL THE WAY TO DOLPHIN... WELL DONE!