

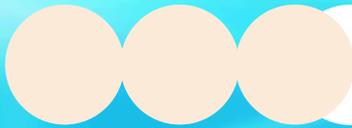


# Starfish

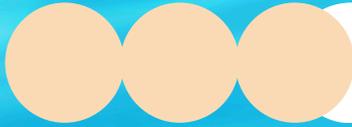
## Beginner: Water Confidence

COMFORT & SAFETY IN THE WATER

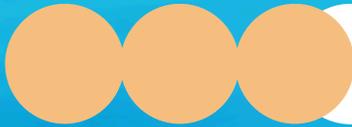
TRIED DID IT! CONFIDENT



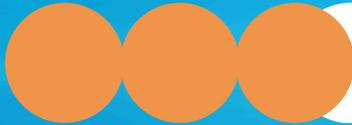
**Enter pool safely with support.**



**Hold onto wall independently.**



**Splash water on face.**



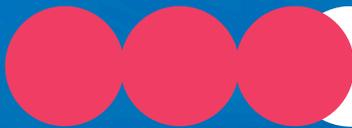
**Blow bubbles in water.**



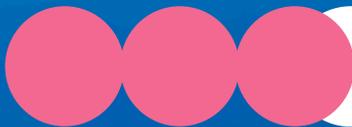
**Float on front with support.**



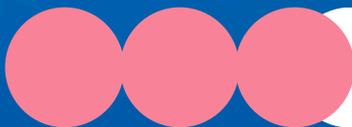
**Float on back with support.**



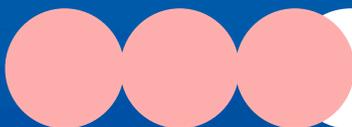
**Starfish float with assistance.**



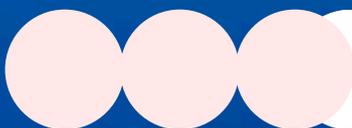
**Kick legs while holding wall or noodle.**



**Move 1-2 meters with support.**



**Listen to pool safety instructions.**



**Exit pool safely.**

# Starfish Diploma

**I HAVE SHOWN THAT I AM COMFORTABLE IN THE WATER  
AND CAN FLOAT AND MOVE WITH SUPPORT.**

**NAME :**

**DATE OF BIRTH:**

**DIPLOMA RECEIVED ON:**



**WELL DONE! NOW ONTO FISH AND ALL THE WAY TO DOLPHIN!**