



# Axolotl

## Developing Movement

### CONTROLLED MOVEMENT AND LONGER GLIDES

TRIED

DID IT!

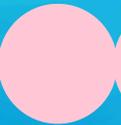
CONFIDENT



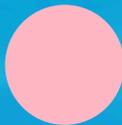
**Rhythmic bubbles blowing.**



**Lift head to breathe**



**Back float 5 seconds.**



**Front glide 5 seconds.**



**Swim 5 meters front paddle.**



**Kick on back with board.**



**Jump in and return to wall.**



**Recover to standing position.**



**Roll from front float to back float.**



**Starfish Survival Float with relaxed breathing.**



**Pencil Jump.**

# Axolotl Diploma

I HAVE SHOWN THAT I CAN SWIM SHORT DISTANCES, CONTROL MY BREATHING, AND MOVE CONFIDENTLY IN THE WATER.

NAME :

DATE OF BIRTH:

DIPLOMA RECEIVED ON:



WELL DONE! NOW ONTO PUFFERFISH AND ALL THE WAY TO DOLPHIN!