

Advanced Swimmer Bronze



Certificate Awarded to

SAMPLE CERTIFICATE ONLY

NOT TO BE PRINTED

Examiner & Date

D. Cande

President

ADVANCED SWIMMER BRONZE

LEARNING OUTCOMES

Demonstrate the ability to:

1. Swim 200 metres within 6 minutes using a recognised competitive stroke
2. Swim 50 metres in 70 seconds
3. Swim 6 widths, performing front and back tumble turns
4. Swim 3 widths of breaststroke, performing two-handed turns and a finish
5. Swim 3 widths of butterfly, performing two-handed turns and a finish
6. Swim 4 x 3 widths of individual medley
7. Perform a front and a back somersault
8. Scull 15 metres head first and 15 metres feet first
9. Tread water, using eggbeater leg action, for 1 minute
10. Swim 25 metres polo crawl with a ball, showing control and keeping the ball just in front of the head OR synchronising with another, swim 10 metres breaststroke and 10 metres back crawl

Congratulations!

You can now progress
to the Silver Award.



Anchor House, Birch Street, Walsall, West Midlands WS2 8HZ
Tel: +44(0)1922 645097 | Fax: +44(0)1922 720628 | E-mail: sta@sta.co.uk | www.sta.co.uk

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