

Angelfish 1

Certificate Awarded to

Examiner & Date

D. Cande

President

ANGELFISH SERIES ANGELFISH 1

LEARNING OUTCOMES

Demonstrate the ability to:

1. Be rescued by a reaching aid
2. Perform a straddle entry and tread water for 30 seconds
3. Push and glide into a forward somersault
4. Scull head first for 5 metres, and feet first for 5 metres
5. Swim 15 metres of a recognised front stroke with correct breathing
6. Swim 10 metres of a recognised front stroke with correct breathing
7. Swim 20 metres of back crawl
8. Swim 10 metres on the front, using dolphin leg kick
9. Start in a crouch position in the water, spring up and glide to the bottom of pool and then glide to surface
10. Swim 5 metres of lifesaving backstroke without aids

Congratulations!

There are 3 awards in the Angelfish Series.

You can now progress to Angelfish 2 Award.



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