

# Angelfish 2

## Certificate Awarded to

SAMPLE CERTIFICATE ONLY

NOT TO BE PRINTED

Examiner & Date

*D. Cande*

President

### ANGELFISH SERIES ANGELFISH 2

#### LEARNING OUTCOMES

Demonstrate the ability to:

1. Be rescued by catching a buoyant aid
2. Perform a straddle entry, tread water for 30 seconds, perform a 360° turn in a vertical position while wearing a T-shirt
3. Swim 5 metres, perform a forward somersault and continue to swim forward for 5 metres
4. Swim 20 metres of a recognised front stroke using a correct touch finish
5. Swim 15 metres of a recognised front stroke using a correct touch finish
6. Swim 20 metres of back crawl using a correct touch finish
7. Swim 5 metres on the back using a double arm action and dolphin leg kick
8. Swim 5 metres on the side using a dolphin leg kick
9. Start in a crouch position in the water, spring up before gliding to the bottom of the pool, tucking and then placing both feet on the bottom of the pool and springing up
10. Swim underwater for 5 metres

### Congratulations!

There are 3 awards in the Angelfish Series.

You can now progress to Angelfish 3 Award.



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