

Angelfish 3

Certificate Awarded to

SAMPLE CERTIFICATE ONLY

NOT TO BE PRINTED

Examiner & Date

D. Cande

President

ANGELFISH SERIES ANGELFISH 3

LEARNING OUTCOMES

Demonstrate the ability to:

1. Be rescued by catching a rope
2. Perform a straddle entry and tread water for 30 seconds while wearing a T-shirt. Remove the T-shirt and climb out unassisted
3. Perform a head first and feet first surface dive
4. Scull feet first for 10 metres and head first for 10 metres
5. Swim 25 metres of back crawl using a correct finish
6. Swim 25 metres of a recognised front stroke, incorporating a correct finish
7. Swim 20 metres of a recognised front stroke, incorporating a correct finish
8. Swim 5 metres of butterfly
9. Push and glide into a handstand
10. Perform a sitting dive

Congratulations!

You have completed the Angelfish Series.

You can now progress to the Shark Series.



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