

Goldfish 3

Certificate Awarded to

SAMPLE CERTIFICATE ONLY

NOT TO BE PRINTED

Examiner & Date

J. Cande

President

GOLDFISH SERIES GOLDFISH 3

LEARNING OUTCOMES

Demonstrate the ability to:

1. Answer 2 water safety questions
2. Perform 2 different types of entries and tread water for 15 seconds
3. Swim 15 metres of back crawl
4. Swim 15 metres of a recognised front stroke, either front crawl or breaststroke
5. Swim 10 metres, holding a float under each arm and using lifesaving backstroke leg kick
6. Swim 5 metres dolphin leg kick on front
7. Swim 5 metres dolphin leg kick on back
8. Perform a handstand with both hands on the pool floor
9. Perform a float on the back and hold for 5 seconds, roll on to the front, hold for 5 seconds, roll to the original back float position and hold for 5 seconds
10. Submerge, push and glide on the side, roll to a face down position

Congratulations!

You have completed the Goldfish Series.

You can now progress to the Angelfish Series.



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