

# Shark 3

## Certificate Awarded to

SAMPLE CERTIFICATE ONLY

NOT TO BE PRINTED

Examiner & Date

*D. Cande*

President

### SHARK SERIES SHARK 3

#### LEARNING OUTCOMES

Demonstrate the ability to:

1. Throw a rope more than 5 metres
2. Enter the water with a straddle entry, swim 25 metres of a recognised stroke in a T-shirt and shorts, tread water or support scull for 1 minute, tread water for 1 minute waving one arm, surface dive, swim 5 metres underwater, surface and remove clothing
3. Swim 100 metres of a recognised stroke on the front, with correct start, turns, and finish
4. Swim 50 metres of a recognised front stroke, with correct start, turns and finish
5. Swim 100 metres of back crawl, with correct start, turns and finish
6. Swim 25 metres of a fourth recognised stroke, not undertaken in the other tests
7. Swim 4 x 1 length individual medley, incorporating the transition procedure at the end of each stroke
8. Perform a competitive start for two separate strokes using two different stances
9. Swim 50 metres side stroke or old English backstroke
10. Perform a head first surface dive and pick up a sinkable toy from the bottom of the pool

### Congratulations!

You have completed the Shark Series.



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