

STAnley 2 Award

First Steps Series



WELL
DONE!

LEARNING
TO SWIM
WITH
STAnley

Certificate Awarded to

SAMPLE CERTIFICATE ONLY

NOT TO BE PRINTED

Examiner & Date

D. Cande

President

FIRST STEPS SERIES STAnley 2

LEARNING OUTCOMES

Demonstrate the ability to:

1. Show an understanding of poolside safety
2. Enter the water from the poolside safely
3. Blow bubbles into the water, with mouth or nose and mouth, submerged
4. Move through the water for 2 metres on the front, blowing bubbles, return to a standing position
5. Move through the water for 2 metres on the back and return to a standing position
6. Perform a star floating position
7. Use front paddle action to move a ball across the pool
8. Push and glide on the back
9. Roll from front to back
10. Climb out of the pool safely

Congratulations!

There are 7 awards in the First Steps Series.

You can now progress to STAnley 3 Award.



Anchor House, Birch Street, Walsall, West Midlands WS2 8HZ
Tel: +44(0)1922 645097 | Fax: +44(0)1922 720628 | E-mail: sta@sta.co.uk | www.sta.co.uk

The Swimming Teachers' Association Limited, Registered Office as above, is a company limited by guarantee No: 1272519 and Registered Charity No. 1051631 in London & No. SC041988 in Scotland whose objectives are: "The preservation of human life by the teaching of swimming, lifesaving and survival techniques".