

STAnley 3 Award

First Steps Series



LEARNING
TO SWIM
WITH
STAnley

Certificate Awarded to

SAMPLE CERTIFICATE ONLY

NOT TO BE PRINTED

Examiner & Date

J. Cande

President

FIRST STEPS SERIES STAnley 3

LEARNING OUTCOMES

Demonstrate the ability to:

1. Answer a question on poolside safety rules
2. Enter the water from poolside, move forward 1 metre then return and exit the pool unassisted
3. Blow bubbles into the water with face submerged
4. Perform a star float while on the back and regain the feet
5. Move through the water while on the back for 5 metres
6. Use a front paddle action to move through the water 5 metres on the front
7. Complete a 360° turntable with feet off pool floor
8. Roll from back to front and then back onto the back
9. Jump or step into the water from poolside, with hand support from a swimming teacher
10. Show treading water action with legs on wobble

Congratulations!

There are 7 awards in the First Steps Series.

You can now progress to STAnley 4 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".