

STAnley 4 Award

First Steps Series

WOW!

4



LEARNING TO SWIM WITH STAnley

Certificate Awarded to

SAMPLE CERTIFICATE ONLY

NOT TO BE PRINTED

Examiner & Date

D. Cande

President

FIRST STEPS SERIES STAnley 4

LEARNING OUTCOMES

Demonstrate the ability to:

1. Answer 2 questions on poolside safety
2. Swim 5 metres of front paddle, roll onto back and swim 5 metres on the back
3. Bob up and down, submerging the face 4 times
4. Pick up an object from below the water surface
5. Perform 2 float positions, which may be in a sequence and performed on the front or the back
6. Push and glide on back, tuck and roll forward to return to poolside
7. Use arms and legs for a treading water action
8. Attempt a circular action of either arms or legs
9. Jump or step into pool safely unaided
10. Climb out of the pool safely unaided

Congratulations!

There are 7 awards in the First Steps Series.

You can now progress to STAnley 5 Award.



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