

# STAnley 6 Award

First Steps Series



LEARNING  
TO SWIM  
WITH  
STAnley



## Certificate Awarded to

SAMPLE CERTIFICATE ONLY

NOT TO BE PRINTED

Examiner & Date

*D. Cande*

President

### FIRST STEPS SERIES STAnley 6

#### LEARNING OUTCOMES

Demonstrate the ability to:

1. Answer 2 water safety questions
2. Push and glide on the back
3. Swim through a submerged hoop
4. Swim 3 metres on front using a breaststroke-type leg action
5. Swim 2 metres on the front and 2 metres back paddle with a smooth transition in between
6. Step, star or pencil jump into the pool, tread water then return to poolside
7. Hold the side of the pool and push off on the side under water
8. Swim on the front, tuck up and return swimming on the back
9. Swim 5 metres, either front crawl or back crawl
10. Use a woggle to scull forwards, backwards or in a circle

### Congratulations!

There are 7 awards in the First Steps Series.

You can now progress to STAnley 7 Award.



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