

# STAnley 7 Award

First Steps Series



LEARNING  
TO SWIM  
WITH  
STAnley

## Certificate Awarded to

SAMPLE CERTIFICATE

NOT TO BE PRINTED

Examiner & Date

*J. Cande*

President

### FIRST STEPS SERIES STAnley 7

#### LEARNING OUTCOMES

Demonstrate the ability to:

1. Answer 3 water safety questions
2. Perform a star float, change to a star float and return to a star float
3. Push and glide on back with arms stretched, then roll onto front
4. Swim 2 metres dolphin leg kick on the front or back
5. Tread water for 10 seconds
6. Swim 5 metres using a frog breaststroke-type action of the arms and legs
7. Swim 10 metres of front crawl confidently, attempting side breathing
8. Swim 10 metres on the back confidently
9. Swim through a submerged hoop and retrieve an object
10. Use a woggle and scull head first using arms only

### Congratulations!

You have completed the 7 awards in the First Steps Series.



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