

Swimmer Stage 2



1. Learn the general safety rules for swimming (such as not diving into shallow water or not swimming on your own) and where it is safe to swim locally.

7. Mushroom float for 10 seconds.

2. Show you know how to prepare for exercises such as taking part in a warm up.

8. Enter the pool and push off from the side on your front, gliding for five metres.

3. Demonstrate a controlled entry, without using the steps, into at least 1.5 metres of water.

9. From the side of the pool, push off on your back and glide for as long as possible.

4. Swim 10 metres on your front, 10 metres on your back and 10 metres only using your legs.

10. Swim 100 metres without stopping.

5. Tread water for 3 minutes in a vertical position.

11. Take part in an organised swimming activity.

6. Surface dive into at least 1.5 metres of water and touch the bottom with both hands.

Signed by Instructor:

Date: