

# Swimmer Stage 3



**1. Learn about where to swim safely in different locations and find out about the four key water safety messages.**

**6. Swim 15 metres on your back without support.**

**2. Take part in a warm up before getting in the pool.**

**7. Swim 25 metres in a stroke of your choice, with or without support.**

**3. Demonstrate how to get in and out of the water safely without support.**

**8. Show a push and glide movement into a swim, then swim for 5 metres.**

**4. Tread water for 15 seconds.**

**9. From a floating position, move into a standing position without support. Do this on both your front and back.**

**5. Swim 15 metres on your front without support.**

**10. Pick up an object from the floor of the pool.**

**IF YOU HAVE COMPLETED SWIM ENGLAND STAGE 5 OR STA ANGELFISH 2 YOU CAN GAIN THIS BADGE. SHOW YOUR CERTIFICATE TO A LEADER.**

**Signed by Instructor:**

**Date:**