

Swimmer Stage 4



1. Learn about where to swim safely in different locations and find out about rescue equipment.

6. Swim 25 metres using either the breaststroke or butterfly swimming techniques.

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

7. Demonstrate the breaststroke leg movements whilst holding onto the side of the pool.

3. Demonstrate how to get in and out of the water safely using two different methods of entry.

8. Swim 100 metres in a stroke of your choice.

4. Swim confidently on your front for 25 metres without stopping.

9. Tread water for 30 seconds.

5. Swim confidently on your back for 25 metres without stopping.

10. Swim in clothes for 10 metres.

11. Scull for 5 metres on your front or your back.

**IF YOU HAVE COMPLETED SWIM ENGLAND STAGE 7 OR STA SHARK 3 YOU CAN GAIN THIS BADGE.
SHOW YOUR CERTIFICATE TO A LEADER.**

Signed by Instructor:

Date: