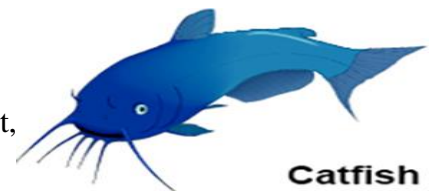


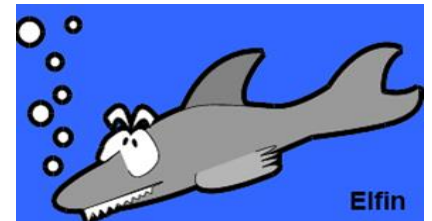
## Learn to Swim Stage 2 - Catfish

By completing this Award, with or without floatation equipment or support, you will be able to:



- 1 **Jump in from poolside safely to a minimum depth of 1.0 metre.**
- 2 **Blow bubbles a minimum of three times rhythmically, with nose and mouth submerged.**
- 3 **Move from a flat floating position on the back and return to standing without support.**
- 4 **Move from a flat floating position on the front and return to standing without support.**
- 5 **Push from a wall and glide on the back - arms can be by the side or above the head.**
- 6 **Push from a wall and glide on the front with arms extended.**
- 7 **Travel using a recognised leg action with feet off the pool floor on the back for 5 metres, without the use of floatation equipment.**
- 8 **Travel using a recognised leg action with feet off the pool floor on the front for 5 metres, without the use of floatation equipment.**
- 9 **Perform a tuck to rotate from a flat floating position on the front, to a back floating position, then return to standing.**
- 10 **Perform a tuck to rotate from a flat floating position on the back, to a front floating position, then return to standing.**
- 11 **Perform a log roll from the back to the front.**
- 12 **Perform a log roll from the front to the back.**
- 13 **Exit the water without support.**

## Learn to Swim Stage 3 - Elfin



By completing this Award, without floatation equipment or support, you will be able to:

- 1 **Jump in from poolside and submerge to a minimum depth of 1.0 metre.**
- 2 **Sink, push away from wall and maintain a streamlined position.**
- 3 **Push and glide on the front with arms extended and log roll onto the back.**
- 4 **Push and glide on the back with arms extended and log roll onto the front.**
- 5 **Travel 5 metres on the front, perform a tuck to rotate onto the back and return on the back**
- 6 **Fully submerge to pick up an object.**
- 7 **Correctly identify three of the four key water safety messages.**
- 8 **Push and glide and travel 10 metres on the back.**
- 9 **Push and glide and travel 10 metres on the front.**
- 10 **Perform a tuck float and hold for three seconds.**
- 11 **Exit the water without using steps.**