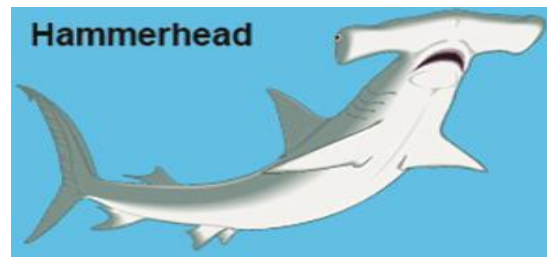


Learn to Swim Stage 4 - Hammerhead



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

- 1 Perform a sequence of changing shapes (minimum of three) whilst floating on the surface and demonstrate an understanding of floating.
- 2 Push and glide from the wall towards the pool floor.
- 3 Kick 10 metres backstroke (one item of equipment optional).
- 4 Kick 10 metres front crawl (one item of equipment optional).
- 5 Kick 10 metres butterfly on the front or on the back.
- 6 Kick 10 metres breaststroke on the front (one item of equipment optional).
- 7 Perform a head first sculling action for 5 metres in a flat position on the back.
- 8 Travel on back and log roll in one continuous movement onto front.
- 9 Travel on front and log roll in one continuous movement onto back.
- 10 Push and glide and swim 10 metres, choice of stroke is optional.

Learn to Swim Stage 5 - Marlin



By completing this Award you will be able to

- 1 Perform a flat stationary scull on the back.
- 2 Perform a feet first sculling action for 5 metres in a flat position on the back.
- 3 Perform a sculling sequence with a partner for 30-45 seconds to include a rotation.
- 4 Tread water for 30 seconds.
- 5 Perform three different shaped jumps into deep water.
- 6 Push and glide and swim 10 metres backstroke (performed to Swim England expected standards).
- 7 Push and glide and swim 10 metres front crawl (performed to Swim England expected standards).
- 8 Push and glide and swim 10 metres breaststroke (performed to Swim England expected standards).
- 9 Push and glide and swim 10 metres butterfly (performed to Swim England expected standards).
- 10 Perform a handstand and hold for a minimum of three seconds.
- 11 Perform a forward somersault.
- 12 Demonstrate an action for getting help.