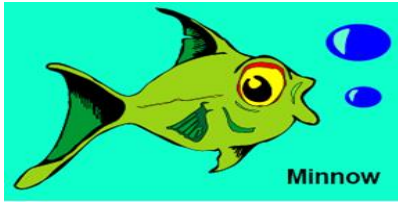
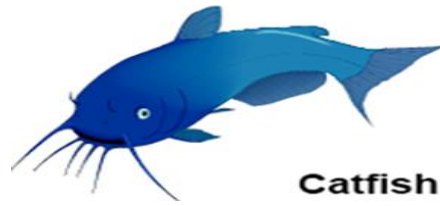


Widths - 6 - 6:30pm 6:30 - 7pm

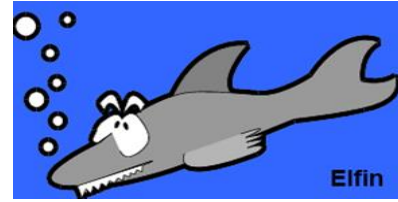
Stage 1 - Minnow - Shallow



Stage 2 - Catfish - Mid width

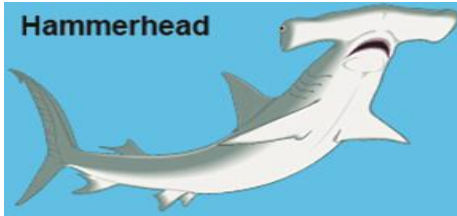


Stage 3 - Elfin - Deep end



Lengths - 6:30 to 7:30pm

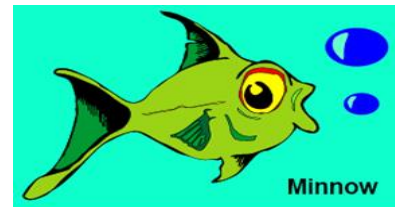
Stage 4 - Hammerhead



Stage 5 = Marlin



Learn to Swim Stage 1 - Minnow



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

- 1 Enter the water safely.
- 2 Move forward for a distance of 5 metres, feet may be on or off the floor.
- 3 Move backwards for a distance of 5 metres, feet may be on or off the floor.
- 4 Move sideways for a distance of 5 metres, feet may be on or off the floor.
- 5 Scoop the water and wash the face.
- 6 Be comfortable with water showered from overhead.
- 7 Move from a flat floating position on the back and return to standing.
- 8 Move from a flat floating position on the front and return to standing.
- 9 Push and glide in a flat position on the front from a wall.
- 10 Push and glide in a flat position on the back from a wall.
- 11 Give examples of two pool rules.
- 12 Exit the water safely.