Adelaide Hills Swimming School

Platypus



This Certificate is awarded to

- o Demonstrate a slide in entry
- Demonstrate Survival Sculling
- o 10 metres freestyle unaided
- o 10 metres backstroke unaided
- 10 metres Survival backstroke
- Introduction to breaststroke
- o Introduction to deep water
- o Retrieve object from the bottom of the pool
- o Perform a reach rescue

Teacher: Da	ate:
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