

Seal



This Certificate is awarded to

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- Swim 15 metres freestyle with correct breathing
 - Swim 15 metres backstroke
 - Swim 15 metres survival backstroke
 - Swim 10 metres breaststroke with correct kick
 - Swim 10 metres sidestroke
 - Intro to shallow dive
 - Intro to treading water
 - Surface dive to retrieve object from bottom of the pool
 - Perform a reach and throw rescue
 - Stride entry and compact jump

Teacher: _____ Date: _____