## Adelaide Hills Swimming Centre

## Yabbie



## This certificate is awarded to

- Demonstrate a slide in entry
- Open eyes underwater
- Float front and back unaided
- Glide front and back unaided
- Retrieve object from the bottom of the pool (deep end)
- o Torpedo kick front and back for 5 metres
- Glide and roll onto back and kick to safety
- Freestyle 5 metres
- Backstroke 5 metres
- Introduction to survival backstroke

Teacher:Date:	
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