Adelaide Hills Swimming School

Shark



This Certificate is awarded to

- Swim 50 metres freestyle
- Swim 50 metres backstroke
- Swim 50 metres survival backstroke
- Swim 50 metres breaststroke
- Swim 50 metres sidestroke
- Swim 25 metres with light clothing using survival stroke, then tread water whilst removing cloths
- Intro to butterfly
- Perform a shallow dive
- Tread water for 2 mins then survival sculling for 2 mins with light clothing
- Perform a 6 metrerope throw rescue

Teacher: Date: