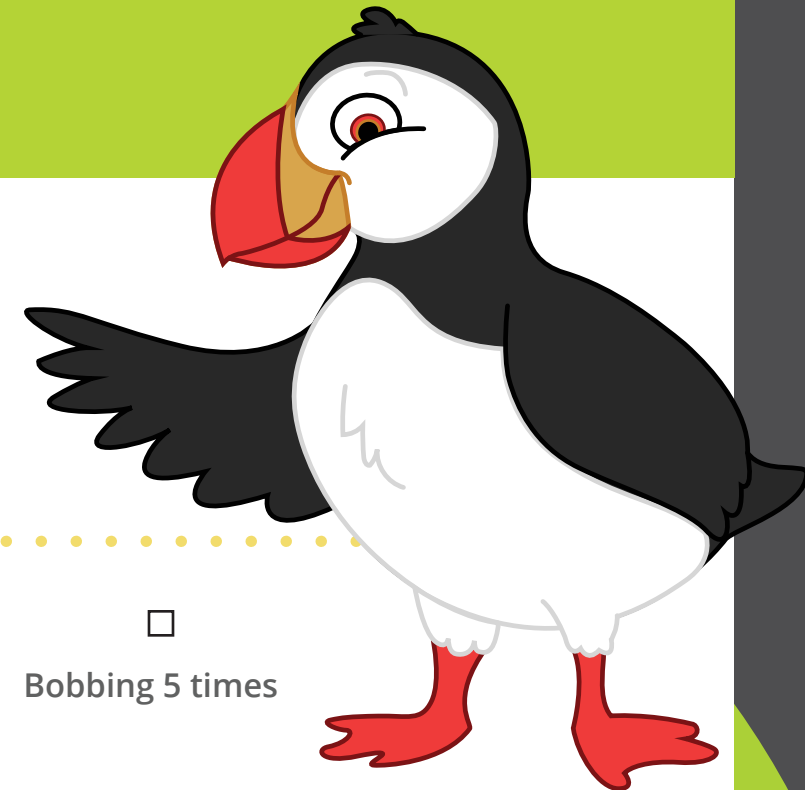




SWAN AQUATICS
water safety services

Peter the Puffin

Level 1 Beginners



Level 1 Beginners

This is my record of Swimming Knowledge:

- | | | | |
|---|--|--|---|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Enter and Exit Water Safely | Breath Control - Bubble Blowing, Rhythmic Breathing (3 seconds) | Working towards Independent Front and Back Crawl | Bobbing 5 times |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Open eyes under water and retrieve submerged objects | Front/Back Float & Recovery | Back Float 5 seconds | Roll from Front to Back and Back to Front |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Treading - below waters surface, arm and hand actions | Alternating and simultaneous leg and arm actions on back and front | Jumping Out and Recovering to the Wall | Water Safety |