

Congratulations

Your standout achievements this term are:



LIQUIDSWIM
Add a splash to life!

Dancing Dolphins

Skills achieved at this level:

- Push and Glide in streamline position
- Blowing bubbles from nose and mouth
- Paddle with face in for 10metres
- Perform resemblance to freestyle arms
- Perform one arm drills with kickboard
- Perform a bubble breath with board bilaterally with assistance
- Back float unassisted for 10 seconds
- Kicking on back arms at side
- Perform resemblance to backstroke arm action
- Perform a dolphin dive
- Perform a push and glide without goggles
- Perform a crouch dive assisted
- Keep head above water paddling in deep water
- Perform body rotations rolling from front to back



Thank you for choosing Liquid Swim
www.liquidswim.com.au