**Certificates are awarded to swimmers during the first week of December, based on their progress during the year (January – December).**

**Certificates in order of merit are as follows:**

1. **Sardine**
2. **Mackerel**
3. **Yellow Tail**
4. **Shad**
5. **Sole**
6. **Salmon**
7. **Shark**
8. **Marlin**
9. **Dolphin**
10. **Swordfish**
11. **Stingray**

**In order to be awarded the certificates, children much achieve the following:**

**Sardine**

* Splash their face with water
* Kick on their tummy
* Kick on their back
* Jump in with an aid
* Climb in & out unaided
* Float with pool noodles & boards

**Mackerel**

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| --- |
| * Submerge their face & blow bubbles
 |
| * Kick 5 metres with a board
 |
| * Doggy paddle 5 metres with a float
 |
| * Retrieve objects underwater
 |
| * Jump in unaided
 |
| * Know the Water Safety rules
 |

**Yellow Tail**

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| * Kick on tummy for 1 width with a board
 |
| * Doggy paddle for at least 2 metres
 |
| without a float |
| * Kick on their back with floats
 |
| * Perform a Star float & a pencil float
 |
| * Retrieve objects from shallow end
 |

**Shad**

|  |
| --- |
| * Swim 1 width unaided
 |
| * Kick on their back with board
 |
| * Scull for 1 width on their back
 |
| * Swim 1 length with board
 |
| * Retrieve objects underwater
 |
| * Perform a sitting or standing dive
 |
| * Froggy swimming (rudimentary breaststroke)
 |

**Sole**

|  |
| --- |
| * Swim 1 length of Front-Crawl (Freestyle)
 |
| * Perform a Pencil float & tread water
 |
| * Dolphin kick for 1 width (Butterfly legs only)
 |
| * Swim 1 width Backstroke
 |
| * Swim 1 width Breaststroke
 |
| * Perform a Pin Drop in the deep end
 |
| * Perform Mushroom & Star floats
 |

**Salmon**

|  |
| --- |
| * Swim 1 length of Front-crawl (Freestyle)
 |
| * Swim 1 length of Backstroke
 |
| * Swim 1 length of Breaststroke
 |
| * Swim 1 length of Dolphin kick
 |
| * Tread water for 1 minute
 |
| * Float for 1 minute
 |
| * Perform a Racing dive
 |

**Shark**

|  |
| --- |
| * Swim 2 lengths of Front-crawl (Freestyle)
 |
| * Swim 2 lengths of Backstroke
 |
| * Swim 1 length of Breaststroke
 |
| * Tread water for 2 minutes
 |
| * Dolphin kick for 1 length
 |
| * Retrieve objects from deep end
 |
| * Perform correct starts & finishes
 |

**Marlin**

|  |
| --- |
| * Swim 2 lengths of each Stroke (Freestyle, Backstroke, Breaststroke & Dolphin)
 |
| * Float for 1 minute
 |
| * Swim 1 width underwater
 |
| * Tread water for 2 minutes
 |
| * Dolphin kick 1 length
 |
| * Perform Tumble Turns
 |
| * Demonstrate correct breathing techniques
 |

**Dolphin**

|  |
| --- |
| * Swim 4 lengths of each stroke (Freestyle, Backstroke, Breaststroke & Dolphin)
 |
| * Perform correct Starts and Finishes
 |
| * Swim 1 length underwater
 |
| * Float for 2 minutes
 |
| * Perform Lifesaving skills
 |
| * Dolphin kick for 1 length
 |

**Swordfish**

|  |
| --- |
| * Swim 4 continuous lengths of Freestyle with correct turns
 |
| * Swim 4 continuous lengths of Backstroke with correct turns
 |
| * Swim 4 continuous lengths of Breaststroke with correct turns
 |
| * Swim 4 continuous lengths of Dolphin with correct turns
 |
| * Treadwater for 3 minutes
 |
| * Perform a Racing Dive
 |
| * Perform a Tumble Turn
 |
| * Lifesaving skills
 |

**Stingray**

|  |
| --- |
| * A 200 meters Medley consisting of 50 meters of Dolphin with
 |
| correct turns between lengths, 50 meters of Backstroke with  |
| correct turns between lengths, 50 meters of Breaststroke with  |
| correct turns between lengths & 50 meters of Freestyle with  |
| correct turns. |
| * Treadwater for 3 minutes
 |
| * Perform a Racing Dive
 |
| * Perform a Tumble Turn
 |
| * Lifesaving skills
 |