**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**

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| * 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**

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| * 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**

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| * 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**

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| * 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**

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| * 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**

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| * 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**

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| * 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**

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| * 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 |