

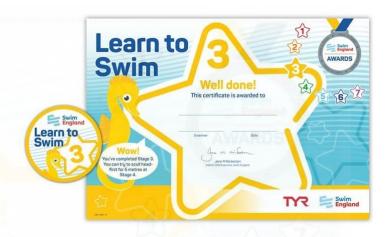
## 'Learn to Swim Programme' With...



## Learn to Swim Stage 3 Outcomes

By completing the Learn to Swim Stage 3 Award, swimmers will be able to:

- 1. Jump in from poolside and submerge.
- 2. Sink, push away from wall and maintain a streamlined position.
- 3. Push and glide on the front with arms extended and log roll onto the back.
- 4. Push and glide on the back with arms extended and log roll onto the front.
- 5. Travel 5 metres on the front, perform a tuck to rotate onto the back and return on the back.
- 6. Fully submerge to pick up an object.
- 7. Correctly identify three of the four key water safety messages.\*
- 8. Push and glide and travel 10 metres on the back.
- 9. Push and glide and travel 10 metres on the front.
- 10. Perform a tuck float and hold for three seconds.
- 11. Exit the water without using steps.



\*The four key water safety messages include:

- Always swim in a safe place.
- Always swim with an adult.
- If you fall in, float, breathe, relax.
- If someone else in trouble, call 999/112.



Learn to Swim Programme