



Stage 3



By the end of this stage participants will, without support, be able to:

1. Jump in from poolside and submerge (min depth 0.9m)
2. Sink, push away from wall on side 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 on the front, tuck to rotate around the horizontal axis to return on the back
6. Fully submerge to pick up an object
7. Answer correctly three questions on the Water Safety Code
8. Travel 10 metres on the back
9. Travel 10 metres on the front