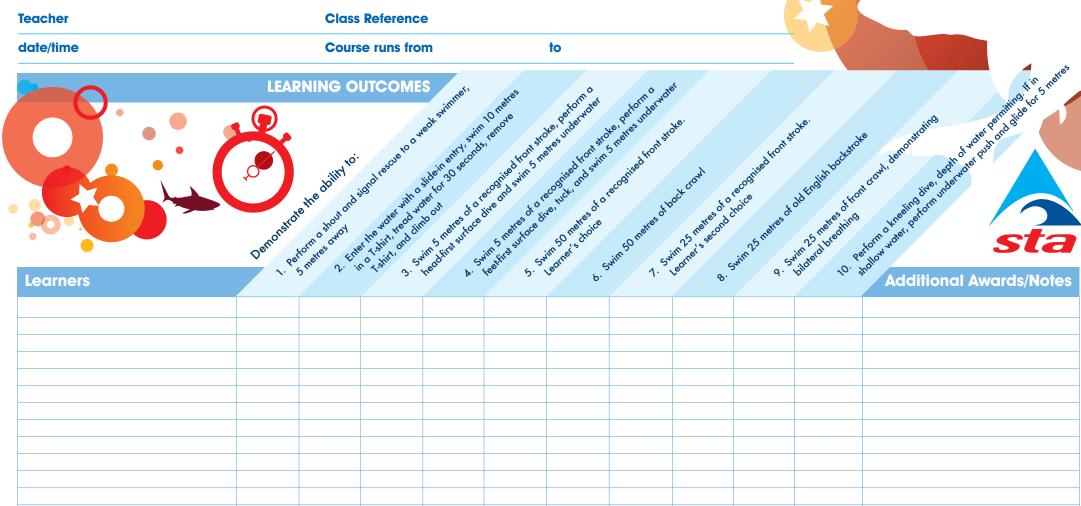
STA International Learn to Swim Programme Shark 1







STA International Learn to Swim Programme Shark 2

Teacher Class Reference date/time **Course runs from** 9. Swin 4 1 width of individual medient, incorporating the Thirty swin 3 metres under the day of the swin 3 metres under the swin 3 metres unde de propriete la superior de de la superior de la su A. Swith 75 metes during which the earners perform 3 **LEARNING OUTCOMES** and dust and dide on your side, roll and the back death and dust per distributions and pool of residence and return to the surface with dalphin tee kidt **Additional Awards/Notes** Learners



STA International Learn to Swim Programme Shark 3 **Teacher Class Reference** date/time **Course runs from** to 3. Swith 100 Heaves of a real Estimate of the fort, with O. Perform the Lather of the died died up a sink dole 1. 54 ransitor arcesture destanding the letter of the standard 9. Swin 50 netres of side stoke or old English backstroke dothing the addon wheth substitute and de jump for **LEARNING OUTCOMES** 5. Swith 100 mates at back crowl with correct Learners **Additional Awards/Notes**

Buoyancy aids may NOT be used, unless stated.

Learners may work towards the 100 metre distance award, Seal 2 Award and Kingfisher 3

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