

Stage 2

Criteria:

- Jump in safely from poolside
- Blow bubbles a minimum of 3 times rhythmically with the mouth and nose submerged
- Regain upright position from the back without support
- Regain upright position from the front without support
- Push from a wall and glide on the back
- Push from a wall and glide on the front
- Travel 5m on the back with aids
- Travel 5m on the front with aids
- 5m Distance Award*
- Perform a rotation from the back to the back to gain upright position
- Perform a rotation from the front to the back to gain upright position

