

Stage 3

Criteria:

- Jump in from poolside and submerge
- Sink, push away from wall on side and maintain a streamlined position
- Push & glide on the front with arms extended and log roll onto the back
- Push & glide on the back with arms extended and log roll onto the front
- Travel on the front, tuck to rotate around the horizontal axis to return on the back
- Fully submerge to pick up an object
- Answer correctly 3 questions on the Water Safety Code
- Swim 10m on the back
- Swim 10m on the front
- 10m Rainbow Distance Award*
- Introduction to Deep Water

