

<b>Swim Awards (Age 5 - 11 yrs approx)</b>	
<b>Seal 1</b>	Answer questions on pool rules Safe entry Movement in water by any means Any movements holding a float with two hands Bobbing up and down Water over face using any means Safe exit
<b>Seal 2</b>	Answer questions on personal safety and pool rules Safe entry Show ability to immerse face in water Demonstrate push and glide in prone position and regain standing position Demonstrate propulsion with the aid of a kick board or other suitable support Safe exit
<b>Marlin 6</b>	Answer questions on personal safety focusing on rivers and canals. Demonstrate entry for unknown conditions (sit down / slip in). Swim 5 metres freestyle / doggy paddle. Swim 5 metres supine. Swim 5 metres breaststroke. Show ability to turn from prone to supine. Show ability to turn from supine to prone. Demonstrate ability to tread water. Hand stand in chest deep water.
<b>Marlin 7</b>	Answer questions on personal safety focusing on inland waterways. Demonstrate 2 safe entries. Swim 8m front crawl. Swim 8m back crawl. Swim 8m breaststroke. Swim 5m dolphin kick. Tread water for 15 seconds. Push and glide underwater and pick up object from pool floor. Demonstrate 2 safe exits.
<b>Marlin 8</b>	Answer questions on personal safety focusing on beach and inland waterways. Demonstrate entry by means of jumping (feet first). Swim 10m front crawl. Swim 10m back crawl. Swim 10m breaststroke. Swim 8m dolphin kick. Swim 5m inverted breaststroke. Demonstrate butterfly arms while walking. Scull 5m feet first. Scull 5m head first. Tread water (deep water). Head first surface dive (1.5 metres).
<b>Marlin 9</b>	Answer questions on personal safety in all water situations, including farm safety. Entry by jumping into the water (feet first). Swim 15m front crawl. Swim 15m back crawl. Swim 15m breaststroke. Swim 10m dolphin kick on your side/back. Swim 10m inverted breaststroke. Swim 5m side stroke. Swim 5m butterfly. Play water push-ball. Tread water for 30 seconds. Feet first surface dive.
<b>Marlin 10</b>	Answer questions on personal safety. Demonstrate entry for unknown conditions. Demonstrate early diving practices. Swim 20m front crawl. Swim 20m back crawl. Swim 20m breaststroke. Swim 10m butterfly. Swim 15m inverted breaststroke. Swim 10m side stroke. Show ability to tread water for 1 min. Play water polo. Head first surface dive and swim 2m underwater.