

HOOK SWIM SCHOOL PENGUIN AWARDS

PENGUIN 1

- Safe Entry/Exit with support
- Blow bubbles
- Splash feet at water's surface while supported by the wall
- Move through water on the front for 2 metres, turn around and move back to start position
- Move through the water for 2 metres on the back
- Star Float on the back with support

PENGUIN 2

- Enter the water safely from the poolside without support
- Blow bubbles into the water, with mouth & nose submerged
- Move through water for 3 metres on the front while blowing bubbles
- Use front paddle action to move a ball across the pool
- Blow a small object across the pool for 2 metres
- Move 5m along rail without assistance

PENGUIN 3

- Blow bubbles into the water with face submerged
- Perform a star float while on the back or front independently
- Move through the water while on the back, using an alternating leg action for 5 metres
- Move through the water 5 metres kicking on the front holding a float
- Jump into the water from poolside with or without support
- Travel 5m on the front with aids

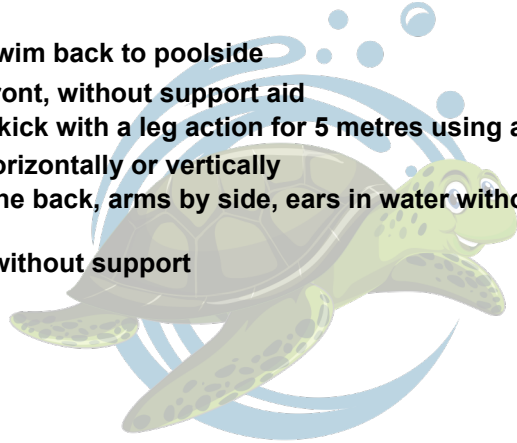
PENGUIN 4

- Jump unaided and safely into the pool
- Travel 10m on Front without assistance
- Travel 5m on the back without assistance
- Submerge face completely 3 times, exhaling underwater
- Pick up an object from below the water surface

- Perform a push & glide on front, keeping the face in water & blowing bubbles

PENGUIN 5

- Jump in, turn and swim back to poolside
- Swim 2 metres on front, without support aid
- Push off on back & kick with a leg action for 5 metres using a woggle or float
- Turn 360 degrees horizontally or vertically
- Push and glide on the back, arms by side, ears in water without support aids
- Star Float on Back without support



PENGUIN 6

- Jump in and swim 2m on Front
- Swim 2 metres on back, without support aid
- Swim 2 metres on the front using breaststroke leg action, holding 2 floats or woggle
- Star Float on Front without support aid
- Retrieve an object from the bottom of the pool
- Supported Mushroom Float

Hook Swim