

# HOOK SWIM SCHOOL TURTLE AWARDS

## TURTLE 1

- Safe entry/exit with support
- Wet face without submersion
- Blow bubbles
- Relaxed float on front or back with support
- Kick 2 meters on back with support
- Travel 2 meter to object without assistance

## TURTLE 2

- Sitting entry to adult with or without assistance
- Put face in the water
- Blow object for 2 meters
- Rotate 180° without assistance, can use buoyancy aid
- Move 5 meters along rail without assistance
- Travel 3 meters using arms, legs or both, without assistance

## TURTLE 3

- Supervised jump to adult, with or without support
- Kick 5 meters on the front, holding a float(adult can hold floats)
- Blow bubbles with the mouth underwater
- Show an independent float on front or back eg. mushroom/star float
- Travel 5 meters on the front to the side of the pool
- Show a Push and Glide on front or back

## TURTLE 4

- Jump unaided but supervised, into the water
- Submerge completely
- Rotate through 360° either horizontally or vertically
- Show a star float on back
- Travel 10 meters on the front or back without an assistance
- Climb out of water, with assistance if required

## TURTLE 5

This grade must be achieved without use of buoyancy aids or adult support

- Jump into the water and swim 1 meter to teacher
- Submerge completely without an assistance
- Show a star float on front
- Float on back and regain standing/vertical position
- Swim 3 meters without aids or assistance on front or back
- Climb out safely without assistance

## TURTLE 6

This grade must be achieved without use of buoyancy aids or adult support

- Jump into the water, turn around, swim back to the point of entry and hold the rail
- Submerge completely and blow bubbles
- Push and Glide achieving a distance of 2 meters on the front or back
- Show a mushroom float
- Swim 5 meters on the front or back using an over arm recovery
- Exit safely showing correct use of the ladder(or steps if no ladder is available )