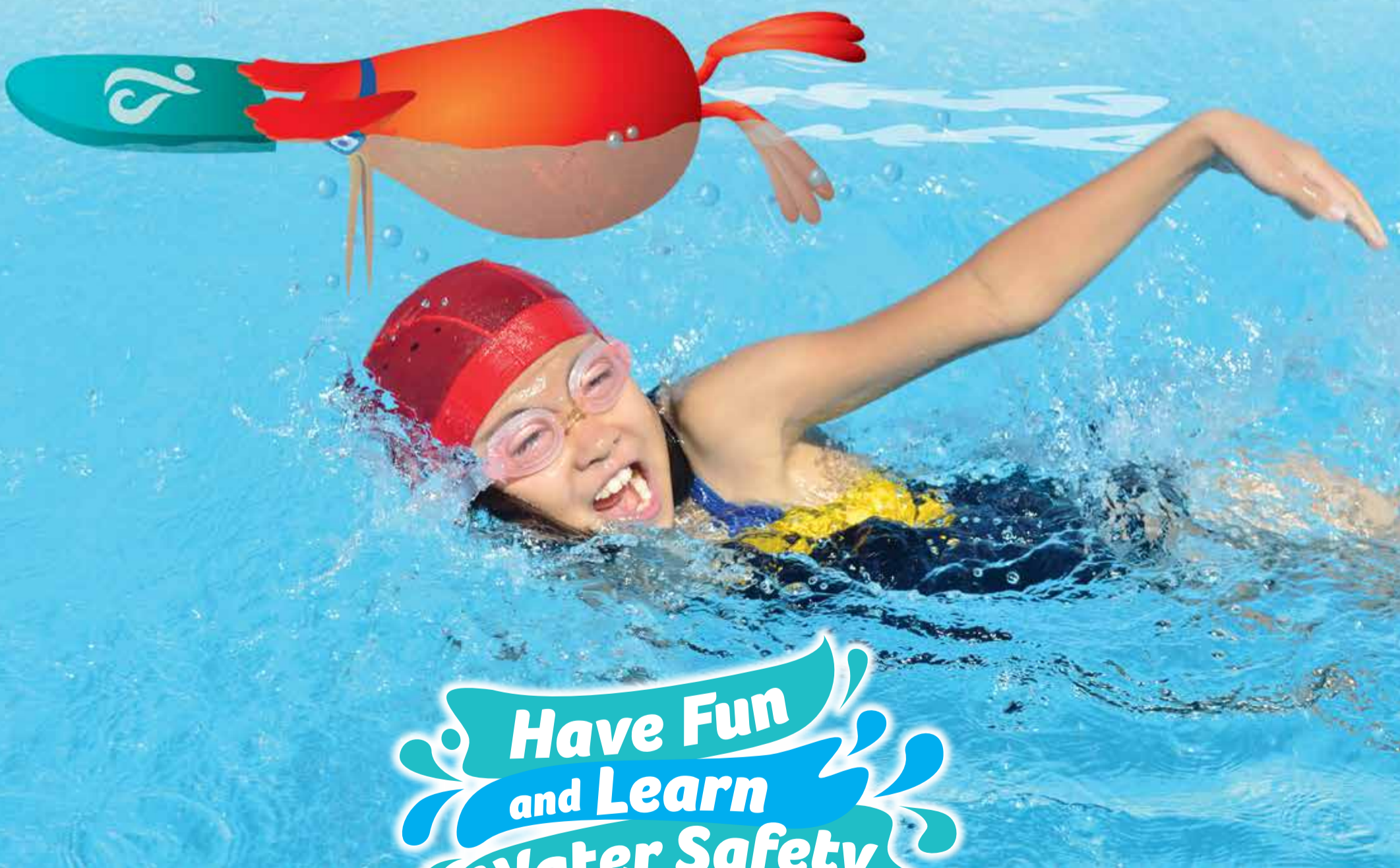


Moving Through the Water

- ✓ Move 15m non-stop, using any method
- ✓ Move through water of all kinds (currents, waves and deep water)
- ✓ Move 50m and/or 3 minutes non-stop, confidently and competently, using any method
- ✓ Move 100m and/or 5 minutes non-stop, confidently and competently, using any method



**Have Fun
and Learn
Water Safety**