STAR 4

Name: _____

Instructor Name: _____ ***Date:*** _____

Strokes	
Elementary backstroke: advanced standard 25m	
Breaststroke: intermediate standard, 25m	
Side stroke: initial standard, 15m	
Stroke Development	
Dolphin kick for 25m	
Elementary backstroke, advanced standard for 50m of a 75m swim	
Water Skills	
Eggbeater: forwards, 10m	
Eggbeater: backwards, 25m	

Lifesaving: Canadian Swim Patrol - Rookie H20 Proficiency	
Swim 25m: head-up front crawl or breaststroke	
Ready position: with stationary scull, 30 seconds	
Lifesaving kick: carry 5lb object for 15m using a lifesaving kick	
Foot-first surface dive: max. depth 2m	
Head-first surface dive: max. depth 2m	
Inflate two items of clothing, use as a buoyant assist	
Swim 25m: any stroke, swim under an obstacle at half way point	
150m swim: front crawl, back crawl, breaststroke (50m each) advanced standard for front crawl and back crawl, intermediate for breaststroke	
350m workout: 3 times in a session	
Swim 100m in 3min: using any combination of strokes	

Comments:

Please register next in: _____