



Congratulates

[Empty box for name]

on being able to perform

Streamlined Kick  
Skill 1 in Stroke Development



SKILL 1  
Streamlined Kick

SKILL 2  
Beginner Freestyle

SKILL 3  
Pat the Dog

SKILL 4  
Freestyle Breathing

SKILL 5  
Backstroke

SKILL 6  
Freestyle (Front Crawl)

Achieved on \_\_\_\_\_ Date: \_\_\_\_\_

GREAT START - keep going