

Swimmer



Complete the following:

1. Know the swimming safety rules.
2. Know how to use basic swimming gears, such as swim rings, pool floats, life jackets.
3. Swim for 200 m in any style.
4. Complete any two of the following:
 - (a) freestyle 50 m
 - (b) back stroke 50 m
 - (c) breast stroke 50 m
 - (d) butterfly stroke 50 m
5. Dive into the pool from the poolside.
6. Tread water for 5 minutes.
7. Surface dive into the pool and with both hands search for an object at the bottom of a 2 m deep pool, and return to the side of the pool and holding the object with both hands.