



## Swimmers Badge Requirements.

- Know how to dive
- Know how to perform the front glide
- Be able to tread in water for 3 minutes
- Be able to do the front stroke x2 Laps
- Be able to do the back stroke x2 Laps
- Be able to do the mush for 5 seconds
- Be able to swim on your back without using hands
- Swim x4 Laps any Stroke
- Be able to touch the bottom
- Be able to retrieve an item from the bottom