

5mS

providing quality swimming tuition encouraging correct stroke technique and water safety in a safe friendly environment

## This is to certify that

has achieved the Wirksworth Swimming Pool Intermediate Award of

## **5 METRES SECONDARY STROKE**

## Demonstrating the ability to:

\* Swim 5 metres, on the front using a recognisable breaststroke technique or on the back using simultaneous legkick.



