This award is to certify that

_____

has achieved the

Swim like a Champion 5

Advanced level

_____

Instructor

Miguel Jerez / Silvia Garcia
Co-Founders and Directors

_____

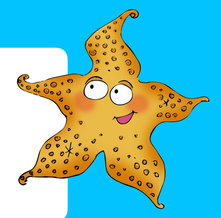
Completion date

Swim like a Champion 5

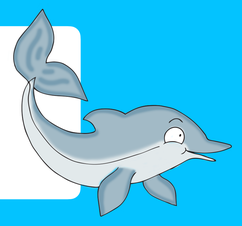
Main Outcome: Refining Butterfly technique, mastering racing dives and improving distance, stamina, rhythm and timing in all 4 strokes

1. Refining Butterfly arms and breathing techniques
2. Refining Butterfly double kick
3. Mastering racing dives
4. Mastering the turns in all 4 strokes
5. Practising timing and rhythm for all 4 strokes
6. Mastering speed, distance and stamina in Front Crawl, Backstroke and Breaststroke
7. Improving distance and stamina in Butterfly

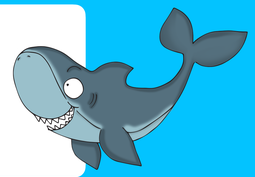
Beginner level
"Float like a Starfish"

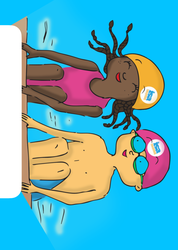


Intermediate level 01
Swim like a Dolphin



Intermediate level 02
Swim like a Shark



Advanced level
"Champion 1-5"

Squads