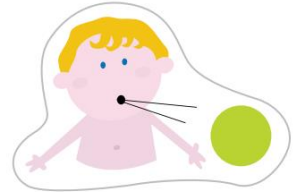


I Svømmehallen - Blæksprutter (Octopi)

Swim badge #1

- Get in and out of the water without any help
- Blow bubbles in the water with your nose
- Keep your balance in the water, walk, run, jump
- Move confidently around in the water



Swim badge #2

- Keep your head under water for 5 seconds
- Slide into the water from a large floating board
- Keep your balance on a floating device
- Leg kicks while on your back as well as your front side



Swim badge #3

- Forwards and backwards dolphin jumps
- Sit on a floating device
- Push off the wall on your front, side and back
- Jump and breathe rhythmically
- Go on the water slide



Swim badge #4

- Diving in water with large strokes
- Jump into the water from the pool deck
- Sit on the bottom of the pool
- Float on your back and front



På Stranden – Krokodiller (Crocs)

Swim badge #5

- Being pushed under water curved up as a floating ball
- Swim 15 meters of dog paddle
- Crocodile breathing
- Do floating exercises



Swim badge #6

- Backstroke kicking
- Breaststroke with dolphin kicks
- Dolphin jumps with strokes
- Sitting on the bottom of the pool for 5 seconds



Swim badge #7

- Jump in the water as a cannonball
- Forwards and backwards somersaults without pausing
- Crawl and backstroke
- Emptying your lungs for air over 10 seconds
- Get from one floating board to another without touching water
- Jump in the 25m pool with no help



Swim badge #8 (in the 25m pool)

- Freestyle kicking while on the side
- Butterfly while freestyle kicking
- Glide into the water and push off
- Sitting or lying down at the bottom of the pool for 10 seconds
- Jump in the water from 40 cm height



Ved Søen - Sæler (Seals)

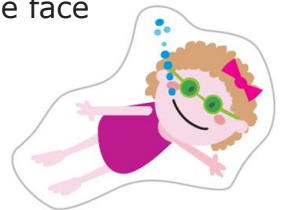
Swim badge #9

- In wavy conditions floating on your side rotated 90 degrees
- 25 m backstroke kicking
- 5 different jumps into the pool including backwards and sideways
- Sinking cannonball



Swim badge #10

- 15 m sideways 90 degrees rotation leg kicking while the face below the waterline
- Push off the wall then do 10 m dolphin kicking
- Push off the wall then glide half the pool length
- Push off the wall under water then, breath out during the gliding phase



Swim badge #11

- Breath holding for 20 seconds, diving for rings
- Dive into the water through a ring, jump up a floating board
- Breaststroke kicking while sitting on a foam noodle
- Push off from the wall, rotate while gliding



Swim badge #12

- Freestyle varying breathing
- While on your back and on a floating board being able to lift arms and legs
- Breaststroke while butterfly kicking
- Diving headfirst into the water
- Treading water then diving under



På Havet – Delfiner (Dolphins)

Swim badge #13

- Multiple underwater somersaults
- Butterfly strokes and kicks
- From a squat position on the pool deck drop backwards into the water
- Slowly surface from sitting position at 2 m depth



Swim badge #14

- Sitting on 2-6 kickboards
- Sculling forwards and backwards
- Diving headfirst from the pool deck into a somersault just under the water's surface
- Diving to the bottom, then doing a somersault



Swim badge #15

- Rotate while floating, pause every 90 degrees
- Breaststroke with normal kicking and pause in the gliding phase
- Jumping somersault
- After emptying your lungs crawl at the bottom of the pool



Swim badge #16

- Float, do a handstand, float
- Butterfly with two kicks per stroke and a controlled breathing
- 10 different jumps in the pool
- Under water: Sit, dive, sit again
- Pick up a rescue manikin from the bottom of the pool
- Carry a rescue manikin/person

