MBK ACADEMY
Swimming Certification Checklist

GUARANTEED RESULTS

BEGINNER LEVEL

№	Skill Objectives	✓
1	Water entry and exits	
2	Blow bubbles through mouth, nose, and simultaneously	
3	Bobs or frog jumps – exhale underwater, inhale quickly above	
4	Hold breath for 10 seconds (balloon face) underwater	
5	Kick with toes pointed while seated (red, orange, green light)	
6	Float with aid (lifejacket/belt) on back and front	
7	Float without aid on back and front	
8	Push off with flutter board – 5m front and back	
9	Hug board and kick on back – 5m	
10	Push off without board – 5m front and back	
11	Jump into shallow water feet first	
12	Tread water 10 seconds without any aid	
13	Kick 5m in deep water with aid, balloon face (front and back)	

INTERMEDIATE LEVEL

№	Skill Objectives	✓
1	Safe water entries and exits	
2	Blow bubbles through mouth and nose	
3	Bobs or frog jumps – exhale underwater, inhale above	
4	Hold breath for 20 seconds (balloon face) underwater	
5	Kick with toes pointed (red, orange, green light)	
6	Push off with flutter board – 5m front and back	
7	Hug board and kick on back – 5m	
8	Push off without board – 5m front and back	
9	Jump into shallow water feet first	
10	Kick 5m in deep water, balloon face (front and back)	
11	Jump into deep water and float on front or back without any aid	

INTERMEDIATE LEVEL (CONTD.)

№	Skill Objectives	✓
12	Tread water for 20 seconds	
13	Demonstrate free and backstroke arm movements on deck	
14	5m swim front and back (balloon face)	
15	25m free kick with board	
16	25m back kick with board	
17	15m free or back swim with belt aid	
18	15m free or back swim without aid	

ADVANCED LEVEL

№	Skill Objectives	✓
1	Hold breath for 30 seconds underwater	
2	25m free kick with board	
3	25m back kick with board	
4	25m side kick with board	
5	25m breathing on side – one arm extended, sleep on shoulder (use fins)	
6	50m kick front and back non-stop with flutter board	
7	Tread water 30 seconds	
8	Stroke technique correction (freestyle and backstroke)	
9	100m continuous swim front or back	
10	Jump and sprint 25m freestyle	
11	25m swim breathing every 3 strokes	

CONTACT US

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CERTIFICATE OF

SWIMMING ACHIEVEMENT

This is to certify that

_____

has successfully completed the _____ level of the MBK Academy Swimming Program.

Instructor Name: _____

Date: _____

Authorised Signature: _____