 **Rosanna Cubs – Swimming night**

 **Northcote Aquatic Centre**

 **Tuesday 12th August, 6:45pm-8:30pm**

On Tuesday 12th Aug, we’ll be going swimming at the Northcote Aquatic Centre pool. Cubs will have the opportunity to earn a swimming badge, plus some free time.

We’re going with the ‘old’ badge system for requirements, but Cubs completing them will earn an Aquatics Level 2 or Level 3 badge.

Cubs should look at the requirements on the next page to choose **before arrival** which level they want to go for and, if level 3, to *come prepared – check the requirements!*

* Time: 6:45-8:30pm – ***Note different time to normal Cubs***
* Cost: **Free this time!**
* Location: Northcote Aquatic Centre – <https://maps.app.goo.gl/W6YTARPMMPQAE8JY8>
* Bring: Togs, Towel, warm clothes to go home in
* **Note:** Cubs going for Level 3 need shorts and shirt, ***in addition to*** their togs, to swim in and remove in
 the water

***Please be on time***... we need the Cubs in the water by 7pm

**Don’t miss out**

Regards

The Leaders

Rosanna Cub Scouts

*See us at* [*http://www.rosannacubs.org*](http://www.rosannacubs.org)

**AQUATICS**

***Level 2***

**1.** Explain the "buddy" system and the basic rules for safe swimming.

**2.** Jump feet first into water over your head, swim 25 metres, turn and swim back.

**3.** Swim on your back for 25 metres.

**4.** Tread water for one minute.

**5.** Float on your back for 30 seconds.

***Level 3***

**1.** Explain the "buddy" system and the basic rules for safe swimming.

**2.** Swim 100 metres freestyle and 100 metres backstroke or breaststroke.

**3.** Swim 50 metres using any other stroke, e.g. butterfly, sidestroke, lifesaving backstroke.

**4.** Do the following:

**a.** commencing at the shallow end, swim 50 metres in shirt and shorts using one stroke only. Tread water for one minute.
**b.** a surface dive in about 1.5 metres of water in shirt and shorts. Remove clothing while in the water, without touching the bottom or sides of the pool.
**c.** explain and demonstrate a rescue method, the recovery position and the importance of getting adult help.

**5.** Demonstrate the Heat Exposure Lessening Posture (HELP) for as long as possible, up to 2 minutes.