



Stage 7



By the end of this stage participants will be able to:

1. Swim 25 meters backstroke
2. Swim 25 meters front crawl
3. Swim 25 meters breaststroke
4. Swim 25 meters butterfly
5. Perform a movement sequence of 1 minute duration, in a group of 3 or more, incorporating a number of the following skills:
 - Sculling - head first, feet first;
 - Rotation - forward and backward somersault, log roll;
 - Floating - star on the front/on the back, tuck float, create own;
 - Egg beater - moving, lifting one or both arms out of the water link skills with strokes and sculls
6. Perform a sitting dive
7. Swim 50 meters continuously using one stroke
8. Swim 100 meters using 3 different strokes
9. Tread water using egg beater action for 30 seconds
10. Complete an obstacle course (using minimum of 4 objects) with feet off the bottom throughout