STAGE 7 ASA LEARN TO SWIM FRAMEWORK

1. Swim 25m backstroke
2. Swim 25m front crawl
3. Swim 25m butterfly
4. Swim 25m breaststroke
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/backward somersault, log roll
   - Floating: star on the front/on the back, tuck float, create own
   - Eggbeater: moving, lifting one or both arms out of the water link skills with strokes and sculls
6. Perform a sitting dive
7. Swim 50m continuously using one stroke
8. Swim 100m, using a minimum of 3 different strokes
9. Tread water using eggbeater action for 30 seconds.
10. Complete an obstacle course (using a minimum or four objects) with feet off the pool floor throughout.

In addition to this, swimmers must be 8 years old.

PLEASE NOTE:

Older children will have higher expectations of ability, stamina and speed. They will also be asked to complete a 200m timed swim as part of their assessment process.