



AMPHITHEATRE
WELLNESS CENTRE, CARRICKFERGUS

LEVEL 1 SKILLS CRITERIA

SKILL DEVELOPMENT

- Enter the water confidently and unaided
- Put face in the water and blow bubbles for 5 seconds
- Fully submerge the head
- Retrieve an object from the bottom of the pool

STROKE DEVELOPMENT

- Travel 5 metres on front using floats
- Travel 5 metres on back using floats

All information can be downloaded from the website at:

<http://www.carrickfergus.org/leisure-and-culture/amphitheatre/childrens-swimming-lessons/>

