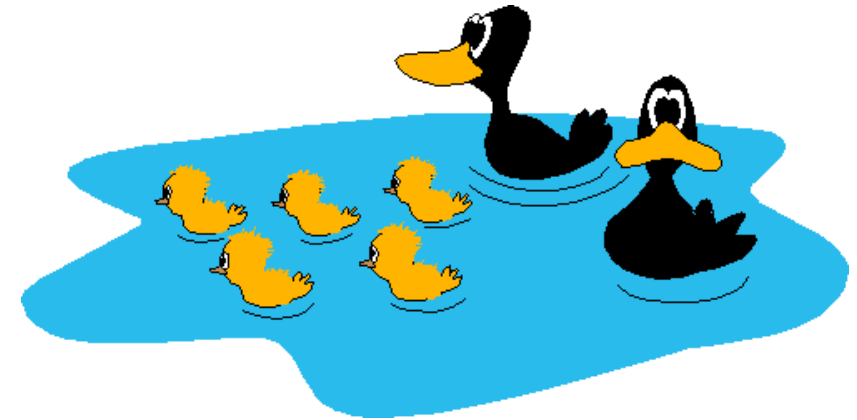




AMPHITHEATRE
WELLNESS CENTRE, CARRICKFERGUS



LEVEL 2 SKILLS CRITERIA

SKILL DEVELOPMENT

- Push off wall or floor to show a horizontal position on the front with face in the water
- Push off wall or floor to show a horizontal position on the back
- Show a motionless floating position and hold for 5 seconds without aids

STROKE DEVELOPMENT

- Kick 5 metres using an alternating action without aids on the front
- Kick 5 metres using an alternating action without aids on the back
- Using arms and legs travel 5 metres on the front
- Using arms and legs travel 5 metres on the back

All information can be downloaded from the website at:

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

