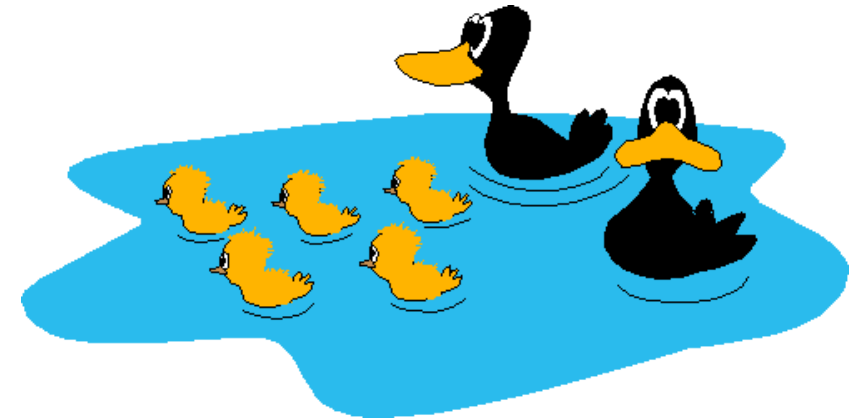




AMPHITHEATRE
WELLNESS CENTRE, CARRICKFERGUS



LEVEL 3 SKILLS CRITERIA

SKILL DEVELOPMENT

- Submerge completely for five seconds
- Lie flat on the front at the surface of the water without support for 5 seconds and regain the standing position
- Lie flat on the back at the surface of the water without support for 5 seconds and regain the standing position

STROKE DEVELOPMENT

- Kick 5 metres on front using a Breaststroke type kick, with feet turned out with a float
- Kick 5 metres on back with hands held still at side
- Using arms and legs travel 10 metres on the front
- Using arms and legs travel 10 metres on the back

All information can be downloaded from the website at:

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

