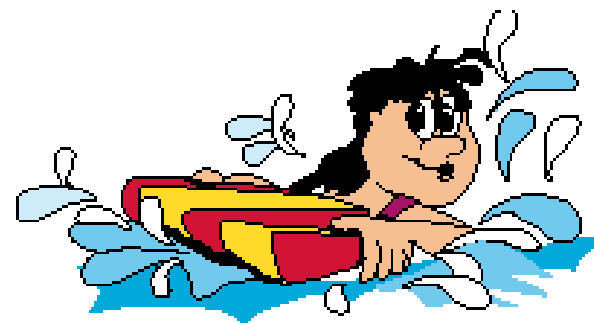




AMPHITHEATRE
WELLNESS CENTRE, CARRICKFERGUS



LEVEL 4 SKILLS CRITERIA

SKILL DEVELOPMENT

- Lie flat on the back at the surface of the water without support for 5 seconds and regain the standing position
- Lie flat on the front at the surface of the water without support for 5 seconds and regain the standing position
- With eyes open pick up an object from the pool floor without hesitation and using both hands (minimum 1 metre)
- Hold a trucked floating position for 10 seconds

STROKE DEVELOPMENT

- Kick 5 metres, on front, using a dolphin kick
- Kick 5 metres, on front, using a front crawl, arms stretched out in front
- Kick 5 metres, on back, using a back crawl, arms stretched above head
- Using arms and legs travel 10 metres on the front
- Using arms and legs travel 10 metres on the back
- Using arms and legs travel 10 metres using Breaststroke

All information can be downloaded from the website at:

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

