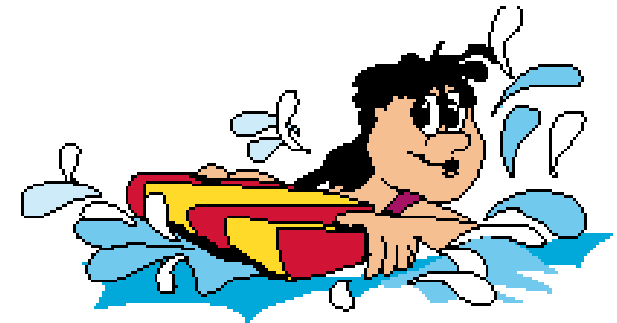




AMPHITHEATRE
WELLNESS CENTRE, CARRICKFERGUS



LEVEL 5 SKILLS CRITERIA

SKILL DEVELOPMENT

- Two different jumps entering feet first and showing control in flight and on landing (minimum depth 1.5m)
- A mushroom float for 20 seconds
- In water of at least shoulder depth, tread water for 1 minute
- Scull head first, on the back, for a distance of 10 metres

STROKE DEVELOPMENT

- Kick 10 metres using a front crawl leg action, with hands held still out in front
- Kick 10 metres using a Breaststroke
- Kick 10 metres using a Back Crawl leg action, without a float with arms extended overhead, hands together
- Travel 25 metres Front Crawl, full stroke, using efficient technique
- Travel 25 metres Back Crawl, full stroke, using efficient technique

All information can be downloaded from the website at:

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

