



AMPHITHEATRE
WELLNESS CENTRE, CARRICKFERGUS

LEVEL 7 SKILLS CRITERIA



SKILL DEVELOPMENT

- A straddle jump entry into water of at least full reach height (or 1.8m)
- From a head first surface dive swim underwater for a distance of 5 metres and pick up an object using both hands; return the object to the side and then climb out unaided (minimum depth and full stretch height)
- Starting with a push a glide demonstrate a forward somersault
- Scull head first, on the back, for 10 metres

STROKE DEVELOPMENT

- Kick 25 metres using an efficient Front Crawl leg action, using a kick board
- Kick 25 metres using an efficient Breaststroke leg action, using a kick board
- Kick 25 metres using an efficient Back Crawl leg action, using a kick board
- Swim 50 metres full stroke Breaststroke showing effective technique
- Swim 50 metres full stroke Front Crawl showing effective technique
- Swim 50 metres full stroke Back Crawl showing effective technique

All information can be downloaded from the website at:

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

