



AMPHITHEATRE
WELLNESS CENTRE, CARRICKFERGUS

LEVEL 8 SKILLS CRITERIA



SKILL DEVELOPMENT

- Tread water for 1 minute with head above surface throughout, to include one arm out of the water for 30 seconds
- Handstand in should deep water for 5 seconds
- Effective Tumble-turn using Front Crawl to include a distance of 10 metres

STROKE DEVELOPMENT

- Kick 20 metres using a Butterfly kick, without a float and without using hands, 5 metres underwater and 15 metres at surface
- Swim 25 metres full stroke Butterfly showing basic technique
- Swim 50 metres Front Crawl showing efficient technique
- Swim 50 metres Back Crawl showing efficient technique
- Swim 50 metres Breaststroke showing efficient technique
- 30 seconds rest after each 50 metre swim

All information can be downloaded from the website at:

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

