



**AMPHITHEATRE**  
WELLNESS CENTRE, CARRICKFERGUS

## **LEVEL 9 SKILLS CRITERIA**



### **SKILL DEVELOPMENT**

- Two different jumps into water of at least full reach depth (or 1.8m), using both star jump and straddle jump
- From a feet first surface dive swim underwater to retrieve a diving brick from the bottom of the pool (minimum depth full reach height or 1.8m), surface and carry the object for a distance of 10m on the back and land it on the poolside
- Tread water in 1.8m deep, for two minutes, then 1 minute with hands on head

### **STROKE DEVELOPMENT**

- Swim continuously for 75 metres using efficient technique throughout Front Crawl stroke
- Swim continuously for 75 metres using efficient technique throughout Back Crawl stroke
- Swim continuously for 50 metres using efficient technique throughout Breaststroke
- Swim continuously for 25 metres using efficient technique throughout Butterfly
- Kick 50 metres on front crawl showing efficient technique using kick board
- Kick 50 metres on Back Crawl showing efficient technique with arms extended above head
- Kick 25 metre Breaststroke and kick 25 metres Butterfly using efficient technique throughout
- Kickboard to be used for breaststroke, arms extended for butterfly

**All information can be downloaded from the website at:**

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

