



Stage 6



By the end of this stage participants will be able to:

1. Demonstrate an understanding of preparation for exercise
2. Sink, push off on side from the wall, glide, kick and rotate into backstroke
3. Sink, push off on side from the wall, glide, kick and rotate into front crawl
4. Swim 10 metres with clothes on
5. Swim front crawl to include at least six rhythmical breaths
6. Swim breaststroke to include at least six rhythmical breaths
7. Swim butterfly to include at least three rhythmical breaths
8. Swim 25 metres, choice of stroke is optional
9. Perform a 'shout and signal' rescue
10. Perform a surface dive
11. Exit the water without using steps