

### **Level 7 - Stroke Development**

#### **Seals**

- Propelled kicking in streamline position
- 15m freestyle demonstrating bilateral breathing
- Propelled kicking on back with arms extended
- Continuous backstroke with arms in straight position
- Basic breaststroke kicking with kickboard
- Demonstrate breaststroke arm movement in shallow water
- Butterfly kick in streamline position
- Perform a basic dive and continue 1 lap of freestyle
- Scull for 30 seconds then swim for 1 minute holding flotation aid

### **Level 8 - Streamlined Strokes**

#### **Marlin**

- Complete 25 metres of freestyle with correct bilateral breathing
- From a streamline position complete 20 metres of backstroke with bent arm pull
- Understand breaststroke sequence pull-breath-kick-glide
- Demonstrate breaststroke kick with glide in streamline position
- Perform butterfly kick in streamline position with pop up breathing
- Demonstrate sculling in the forward and backward motion
- Tread water in deep end for 60 seconds
- Racing dive and 2 laps of racing freestyle
- Demonstrate a backstroke start
- Perform basic breaststroke for 15 metres
- Complete a forward somersault in water

### **Level 9 - Race technique**

#### **Dolphin**

- From a streamline position complete 50 metres of freestyle showing good technique including bilateral breathing, strong kick, high elbow recovery
- From a backstroke start complete 50 metres continuous backstroke
- Perform correct breaststroke pull-breath-kick-glide for 25 metres
- Perform 10 metres of butterfly with pop up breathing
- Ability to perform tumble turn and push off on to back
- Understand race starts and finishes for all 4 strokes
- Understanding of drills and what they are achieving
- Tread water for 3 minutes using correct egg beater kick and sculling action

### **Level 10 - Medley Magic**

#### **Sharks**

- Perform 100 metres efficient freestyle
- Perform effective tumble turn
- Perform 75 metres effective backstroke
- Perform 75 metres effective breaststroke
- Perform 50 metres effective butterfly
- Demonstrate change of speed drills retaining efficient strokes
- Complete 100 metre Medley