

Stage: Level 4

1. Perform a handstand and hold for a minimum of **3** seconds.
2. Push and glide from the wall to the pool floor.
3. Swim **10m** backstroke with continuous arms.
4. Swim **10m** front-crawl demonstrating correct breathing technique (not rolling onto back).
5. An understanding of butterfly undulation movement.
6. Kick **5m** inverted breaststroke.
7. Kick **5m** breaststroke legs only on the front with **NO** board. (Continuous kick, no glide required, screw kick not acceptable).
8. Swim backstroke and roll in one continuous movement onto front.
9. Swim front-crawl and roll in one continuous movement onto back.
10. Treading water for **10** seconds.