

## Stage: Level 6

1. Perform a jump into deep water (**2m**).
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 **25m** back-crawl maintaining good technique.
5. Swim **15m** breaststroke to include rhythmical breathing.
6. Swim butterfly to a minimum of **10m** using correct arm/leg coordination.
7. Swim **25m** front-crawl, maintaining good technique and breathing.
8. Perform a surface dive to the pool floor.
9. Perform a sitting dive and a kneeling dive from the pool side.