

Stage: Level 7

1. Demonstrate an understanding of lane discipline including passing out, direction of swimming, and **5m** flags.
2. Perform a standing dive.
3. Swim **25m** backstroke kick (streamline, **NO** board).
4. Swim **25m** front-crawl kick (streamline, **NO** board).
5. Swim **25m** breaststroke kick (streamline, **NO** board).
6. Swim **25m** butterfly kick (streamline, **NO** board).
7. Swim **50m** front-crawl maintaining good technique (Breathing **100m IM** (focus on stroke order)).
8. Demonstrate comfort jumping off a diving block (streamline).