

## Stage: Level 8

1. **2x 100m** front-crawl.
2. **2x 100m** back-stroke.
3. **2x 50m** breaststroke.
4. **2x 25m** butterfly.
5. Perform a backstroke turn from **5m** in to **5m** out.
6. Perform a breaststroke turn from **5m** in to **5m** out.
7. Perform a butterfly turn from **5m** in to **5m** out.
8. Perform a front-crawl turn from **5m** in to **5-8m** out.
9. **100m IM** (focus on touch turns).
10. Dive from block.