

SASC DEVELOPMENT SQUAD

Stingrays

By the end of this level swimmers will be able to;

Demonstrate an understanding of preparation for Exercise.

Sink, push off on side from the wall, glide, kick and rotate into backstroke.

Sink, push off on side from the wall, glide, kick and rotate into frontcrawl.

Swim 10 metres with clothes on.

Swim frontcrawl to include at least 6 rhythmical breaths.

Swim breaststroke to include at least 6 rhythmical Breaths.

Swim 25 metres on 2 strokes, choice of stroke is optional.

Swim Butterfly to include at least 3 rhythmical Breaths.

Perform a shout and signal rescue.

Perform a surface dive.

Exit the water without using steps.

Perform a sitting dive.

Scull headfirst and feetfirst.

Demonstrate good streamlining consistently.

Complete 50m and 100m distance awards.

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or

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