

Learn to Swim Stage 8 Synchro

By completing this Award you will be able to perform the following:

1. Demonstrate two stationary floating positions, one with good body extension and one tightly tucked into a mushroom float.
2. Perform a handstand with hands on the bottom of pool, legs together and feet pointed.
3. Demonstrate stationary eggbeater – floatation equipment may be used.
4. Swim 5 metres using synchro backstroke (or variation), into 5 metres synchro breaststroke (or variation).
5. Perform a back layout, scull continuously for 3 metres head first, followed by a rapid back tuck somersault.
6. Perform the figure tub.
7. Perform a sequence individually, in pairs or in a group, using a variety of skills (minimum of three) learnt previously and in this stage.

Learn to Swim Stage 9 Synchro

By completing this Award you will be able to perform the following:

1. Perform a handstand with hands on the bottom of pool and back against the wall of the pool demonstrating a vertical line.
2. Perform a back layout into a bent knee position and back to back layout - floatation equipment may be used (bottles).
3. Scull continuously in a back layout position for 3 metres feet first, followed by a 180 degrees tub and a rapid back tuck somersault.
4. Perform the figure oyster.
5. Perform 3 metres synchro breaststroke (or variation) with a smooth transition into eggbeater travelling sideways for 3 metres.
6. Perform an entry from the poolside, surface the water on the back, perform 3 metres using synchro backstroke.
7. Perform a sequence individually, in pairs or in a group using a variety of skills (minimum of five) from this stage or from Learn to Swim Stage 8 Synchro, to include at least one stroke, eggbeater and one figure.

Learn to Swim Stage 10 Synchro

By completing this Award you will be able to perform the following:

1. Perform a stationary handstand or vertical holding the side of the pool, back against the wall with good extension.
2. Perform the figure ballet leg with floatation equipment or use of pool side to support horizontal leg.
3. Perform the figure back tuck somersault.
4. Swim 5 metres using straight arm backstroke synchronised with a partner. Music may be used.
5. Demonstrate support scull standing on bottom of the pool.
6. Perform a stationary back layout for five seconds, into sculling head first moving into bent knee, followed by a rapid ballet leg into a rapid back tuck somersault.
7. Perform a sequence individually, in pairs or in a group starting with an entry from poolside using a variety of skills (minimum of eight) from this stage or from Learn to Swim Stage 8 or 9 Synchro. Include at least two strokes, travelling sculling, eggbeater; a fast figure and a controlled figure.