



TIME

Sign if consistently performed.

01672SE 08/11

Aquatic Skills Register Outcomes

- Learn to Swim Stage 9 Synchronised Swimming

By the end of Stage 9 participants will be able to:

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.

Notes: