



Class Register/Achievement Record



✓ If achieved, but not consistently.

Sign if consistently performed.

01672SE 08/17

Aquatic Skills Register Outcomes

- Learn to Swim Stage 10 Synchronised Swimming

By the end of Stage 10 participants will be able to:

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.

Notes: