



Class Register/Achievement Record



✓ If achieved, but not consistently.

Sign if consistently performed.

01672SE 08/17

Aquatic Skills Register Outcomes

- Learn to Swim Stage 8 Synchronised Swimming

By the end of Stage 8 participants will be able to:

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.

Notes: