

## SWIM FOR LIFE LEVELS 6–8 DESCRIPTION AND PREREQUISITES

	Swim for Life Level 6 (ages 5–14)	Swim for Life Level 7 (ages 7–14)	Swim for Life Level 8 (ages 7–14)
<b>Skills Categories</b>	<b>Prerequisites - What your child needs before you register:</b>		
	All skills with appropriate technique from Swim for Life Level 5	All skills with appropriate technique from Swim for Life Level 6	All skills with appropriate technique from Swim for Life Level 7
	<b>What your child will learn:</b>		
<b>Strokes</b>	Front crawl 25m Back crawl 25m Breaststroke arms 15m	Front crawl 50m Back crawl 50m Breaststroke 25m Head-up front crawl 10m	Front crawl 100m Back crawl 100m Breaststroke 50m Head-up front crawl 25m
<b>Kicks</b>	Whip kick on front 15m Eggbeater kick with aid 30 sec	Stationary eggbeater kick 30 sec	Eggbeater kick on back 15m Scissor kick 15m
<b>Treading Water</b>	Tread water 90 sec	Tread water 2 min	Tread water 2 min with jump entry
<b>Underwater Skills</b>	Swim underwater 5m	Back somersault in water	Swim underwater 10m to recover object
<b>Fitness</b>	Interval training: 2x25m front/back crawl with 120-sec rests  Sprint front crawl 25m	Interval training: 4x25m front/back crawl with 30-sec rests 4x15m breaststroke with 30-sec rests  Sprint front crawl 25m Sprint back crawl 25m	Interval training: 4x25m breaststroke with 30-sec rests 4x50m front/back crawl with 30-sec rests  Sprint breaststroke 25m  Workout 300m: 50m warmup (choice of stroke) 4x25 front crawl with 15-sec rest 4x25m back crawl with 15-sec rest 50m cooldown (choice of stroke)
<b>Dive</b>	Standing dive into deep water	Shallow dive into deep water	Stride entry into deep water



**SPORT & REC**