

Advanced Swimmer Gold



Certificate Awarded to

Examiner & Date

D. Cander

President

ADVANCED SWIMMER GOLD

LEARNING OUTCOMES

Demonstrate the ability to:

1. Swim 400 metres within 8 minutes using a recognised competitive stroke
2. Swim 100 metres in 90 seconds
3. Swim 4 x 50 metres of individual medley within 5 minutes
4. Perform 2 tucked back somersaults from a back layout and finish with a back layout
5. Perform 2 tucked front somersaults from a front layout and finish with a front layout
6. Scull 25 metres standard scull, support scull for 10 seconds and reverse scull for 25 metres
7. Tread water, using the eggbeater leg action, for 2 minutes
8. Tread water, catch a ball, rotate 360°, swim 50 metres polo crawl, passing and receiving the ball on 4 occasions during the swim OR synchronising with another, swim 5 metres breaststroke, surface dive and swim 5 metres breaststroke underwater, resurface and swim 10 metres of front crawl, change direction, standard scull 10 metres, change direction, reverse scull 10 metres, feet-first surface dive and swim 5 metres of breaststroke underwater, resurface and swim 5 metres of breaststroke
9. Swim 15 metres underwater from a front push and glide
10. Swim 15 metres underwater from a back push and glide

Congratulations!

You can now progress
to the Platinum Award.



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