

Advanced Swimmer Silver

Certificate Awarded to

Examiner & Date

D Cande

President

ADVANCED SWIMMER SILVER

LEARNING OUTCOMES

Demonstrate the ability to:

1. Swim 400 metres within 10 minutes using a recognised competitive stroke
2. Swim 100 metres in 2 minutes
3. Swim 4 x 50 metres of individual medley
4. Perform a tucked back somersault from a back layout and finish with a back layout
5. Perform a tucked front somersault from a front layout and finish with a front layout
6. Scull 15 metres head first, support scull for 5 seconds and 15 metres feet first
7. Tread water, using eggbeater leg action, for 90 seconds
8. Tread water, catch a ball, swim 25 metres polo crawl showing changes in direction, then pass the ball to another person OR synchronising with another, swim 10 metres of front crawl, change direction, and swim 10 metres of back crawl, change direction and swim 10 metres of breaststroke
9. Swim 10 metres underwater from a front push and glide
10. Swim 10 metres underwater from a back push and glide

Congratulations!

You can now progress
to the Gold Award.



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