

# Advanced Swimmer Series

## Advanced Bronze

1. Swim 200 metres within 6 minutes, using a recognised competitive stroke
2. Swim 50 metres in 70 seconds
3. Swim 6 widths, performing front and back tumble turns
4. Swim 3 widths of breaststroke, performing two-handed turns and a finish
5. Swim 3 widths of butterfly, performing two-handed turns and a finish
6. Swim 4 x 3 widths individual medley with correct turns and finishes
7. Perform a front and a back somersault
8. Scull 15 metres head first and 15 metres feet first
9. Tread water, using eggbeater leg action, for 1 minute
10. Swim 25 metres of polo crawl with a ball, showing control, keeping the ball just in front of the head or synchronising with another, swim 10 metres of breaststroke and 10 metres of back crawl



# Advanced Swimmer Series

## Advanced Silver

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 with correct turns and finishes
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 (45 seconds x 2 directions)
8. Tread water, catch a ball, swim 25 metres of polo crawl showing 3 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. Glide swim 10 metres underwater in the prone position from a front push
10. Glide swim 10 metres underwater in the supine position from a back push



# Advanced Swimmer Series

## Advanced Gold

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 with correct turns and finishes
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 (30 seconds x 4 directions)
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 of breaststroke, surface dive and swim 5 metres of 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. Glide swim 15 metres underwater in the prone position from a front push
10. Glide swim 15 metres underwater in the supine position from a back push

