

JLA STAGE 3 - ADVANCED

Swimmers must be able to complete all of these requirements:

I can do 3 different types of jumps into the water and swim back at the deep end.

I can climb out the pool at the deep end without help from my teacher.

I can push and glide on my front in a streamline position and then rotate onto my back, maintaining the streamline position.

I can push and glide on my back in a streamline position and then rotate onto my front, maintaining the streamline position.

I can swim on my front to the middle of the pool, tuck up and then return to the side on my back,

I can pick a sinker up from the bottom of the pool (in the middle area of the swimming pool, approx 1.4m deep)

I understand and can follow the safety rules of a swimming pool and the general water safety rules. I can answer 3 questions on this topic.

I can swim 1 length (12m) frontcrawl, with a correct stroke, including side breathing.

I can swim 1 length (12m) backstroke, with a correct stroke.

I can swim 1 width (5m) breaststroke, with the correct leg action.

Completion of a requirement is based on the professional judgement of the class teacher. Requirements must be completed confidently and consistently for a child to be ready to move to the next class.