

6 - 12 Years Skills Screening

What can you do in the water?

Can you get your face wet, float on your front, back, and side, and flutter kick?



Can you swim front crawl and back crawl for 10 meters?



Can you swim front crawl and back crawl for 15 meters, and whip kick for 10 meters?



Can you swim front crawl and back crawl for 25 meters?



Can you swim breaststroke for 25 meters?



Can you swim 300 meters continuously?

