



TRIALS

MAY BE IN MAIN TANK OR TEACHING POOL

- JUMP IN FROM SIDE, AIM FOR BLUE 'T' MARKER
- JUMP IN FROM BLOCK, AIM FURTHER THAN BLUE 'T' MARKER
- SUBMERGE COMPLETELY
- LAY ON FRONT AND BLOW BUBBLES THROUGH MOUTH
- LAY ON FRONT BLOW BUBBLES THROUGH NOSE
- PUSH AND GLIDE IN STREAMLINED POSITION ON FRONT- LEGS STILL
- **ON FRONT** PUSH / GLIDE IN STREAMLINED POSITION UNDERWATER & TRY TO KICK USING DOLPHINS LEGS TO THE FLAGS OR FURTHER
- PUSH AND GLIDE IN STREAMLINED POSITION ON BACK, LEGS STILL
- **ON BACK** PUSH / GLIDE IN STREAMLINED POSITION UNDER THE WATER, KICK USING DOLPHIN LEG KICKS TO FLAGS OR FURTHER
- MUSHROOM FLOAT
- TREAD WATER FOR 2 MINUTES
- FORWARD ROLL BREATHING OUT THROUGH THE NOSE
- BACKWARD ROLL BREATHING OUT THROUGH THE NOSE
- WITH FLOAT KICK 2 x 25m FRONT CRAWL LEGS
- WITH FLOAT KICK 2 x 25m BREAST-STROKE LEGS
- ARMS STREAMLINED OR BY SIDE KICK 2 x 25m BACKSTROKE LEGS
- ARMS STREAMLINED OR BY SIDE KICK 2 x 25m FLY ON BACK
- SWIMMER TO DEMONSTRATE **THEIR** STYLE ON ALL 4 STROKES x 25m EACH **AND REPEAT**
- TIME ALL 4 STROKES x 25m EACH ASKING THEM TO SWIM AS FAST AS THEY CAN, RECORD THEIR TIMES.