



GRACE LEARN-TO-SWIM

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STINGRAY



- Kick on board
- Submerge and bubbles
- Streamline/torpedoes legs still and back float
- Kick and breathe
- Streamline/torpedoes legs kick
- Big arms and breathe (full stroke)
- Backstroke
- Basic dolphin kick
- Introduction to Breaststroke kick

STINGRAY PROMOTION CRITERIA

At the end of STINGRAY class the student can:

- ✓ Kicking with board
- ✓ Torpedo with legs
- ✓ Torpedo kick across pool unaided
- ✓ Float on back and front unaided
- ✓ Kick on front and back with board unaided
- ✓ Breathe holding board
- ✓ Backward torpedo for 8m
- ✓ Swim freestyle showing correct technique for 2 lengths of 16.6m pool
- ✓ Swim backstroke showing correct technique for 2 lengths of 16.6m pool
- ✓ Show correct Breaststroke kick

TEACHER ASSESSED