

Recreational Grades June 2006`

Grade 1	Grade 2	Grade 3	Grade 4	Grade 5
1. Synchro back crawl, 10 metres any variation of arms	1. Synchro front crawl, 10 metres any variation of arms	1. Kick, pull, kick airplane, 10 metres	1. From Vertical position spin 180 degrees	1. From Vertical position Full twist followed by a vertical descent.
2. Synchro breast stroke, 10 metres any variation of arms	2. Synchro breast stroke, smooth change to back crawl. total distance 10 metres	2. Side flutter kick 5 metres pull into front pike	2. Sprint torpedo, stand up to side eggbeater. Approx 10 metres torpedo and 3 metres eggbeater	2. Sprint torpedo, double leg stand down, eggbeater travelling forwards 3 metres
3. Head first scull (standard scull) 10 metres	3. Side flutter kick 10 metres	3. Sprint torpedo for 20 metres	3. Sprint torpedo, roll onto front, tuck, head first boost and finish underwater	3. Side flutter kick 5 metres into front pike into double leg flip over.
4. Support scull standing in the water	4. Reverse scoop scull 5 metres	4. Hanging vertical – held for 5 secs. with minimal sculling	4. Side flutter kick into pike into fast front walkover followed by torpedo travel and 'stand up' to side eggbeater travel.	4. Side fishtail travelling 3 metres (either leg leading)
5. Eggbeater stationary	5. Support scull in prone position, feet pressing against wall	5. Inverted tuck showing support scull	5. Starting in an Inverted bent Knee position, ½ twist in bent knee followed by a join to vertical and a vertical descent.	5. Starting in inverted bent knee, swap vertical leg, back tuck out and surface in eggbeater.
6. Travelling alternate bent knees (head first) – minimum 5 metres travel;2 bent knees on each leg.	6. Eggbeater travelling sideways. 5 metres in each direction	6. Eggbeater travelling sideways following arm demonstrating creative arms. 5 metres in each direction	6. Eggbeater stationary both arms above head. Held for 5 secs.	6. 5 metres underwater swim followed by head first boost lifting arms above the surface and finishing underwater
7. From back layout, somersault back tucked, return to back layout followed by an oyster	7. Marlin ¼ turn (1 Marlin)	7. Travelling alternate ballet legs. Minimum 5 metres travel showing 2 ballet legs on each leg.	7. Travelling ballet leg sequence. Demonstrate 3 of the following, Right leg ballet leg, left leg ballet leg, flamingo position right leg vertical, flamingo position left leg vertical, double ballet leg. Travel 5 metres	7. Barracuda thrust from pike to vertical and submerge. Feet may be submerged in pike position prior to thrust.
8. Counting to music. 2 different tempos to be counted	8. Flamingo position. Held for 3 seconds. Method of getting into and out of the position optional	8. Split position in the water. 140 degrees	8. Head first boost from underwater catching with body above the surface	8. Deckwork and 'Creative' entry. Any entry other than a straight jump or a plain header. Time limit 10 secs.
9. Underwater swim 5 metres	9. Starting in flamingo position. Rotate backwards bringing legs together into a back tucked somersault, and surface in stationary eggbeater held for 3 secs.	9. Head first dive followed by a head first boost from underwater followed by a descent	9. From split position, walkout to back layout, stand up to eggbeater travelling sideways.	9. 20 second eggbeater sequence with partner (music optional) Must show travelling eggbeater with a change of direction, single and double arm creative movements
10. Solo: 45seconds plus or minus 5secs. with music of choice. Starting in water Sequence must contain 1 stroke or stroke variation and 1 figure from above and eggbeater.	10. Duet: 45 seconds plus or minus 5.secs. with music of choice. Starting with foot fist entry. Sequence must contain 2 strokes or stroke variations and 2 figures from above and travelling eggbeater. All movements must be synchronised	10. Duet or group 3 –8 swimmers. 1 minute routine with music of choice. No deck work but feet first entries. Routine must include: 3 pattern changes, 3 strokes or stroke variations, 2 figures and travelling eggbeater. All movements must be synchronised. Swimmers to produce a pool plan	10. Duet 1 minute 30 secs plus or minus 10 secs Must show: 1 partner lift plus strokes or stroke variations, figures, hybrids of choice. Other than the lift, All movements synchronised. Swimmers to produce a pool plan	10. Duet or Group 4-8 swimmers with music 2 mins plus or minus 10 secs. Must show: 1 lift and 6 pattern changes otherwise all movements optional (as in a free routine) Swimmers to produce a pool plan

In all routines, all swimmers may or may not be taking the grade. The partner/team member may be at a higher or lower grade level. Pass Mark: Mid satisfactory (5.5)