



Dark Green Hat Criteria

In line with ASA Learn to Swim Framework Stage 6

- Perform a standing dive into a streamline position from the side of the pool
- Perform a pencil jump from a starting block
- Introduce a crouching dive from a starting block
- Submerge at the side of the pool, push and glide in a streamline position for 5 metres
- Swim 50 metres breaststroke using a legal kick, to include at least six rhythmical breaths **
- Swim 50 metres front crawl, to include at least six rhythmical breaths using bi-lateral breathing **
- Swim 50 metres backstroke **
- Swim 10 metres butterfly, to include at least three rhythmical breaths **
- Introduce a forward somersault in tucked position, feet to make contact with the pool wall, push off on back in a horizontal position
- Introduce a forward somersault in tucked position, feet to make contact with the pool wall, push off and rotate onto front in horizontal position
- Introduce legal turns using hand touches on front
- Introduce legal turns using hand touches on back

** refer to the ASA expected stroke standards sheet