



Red Hat Criteria

In line with ASA Learn to Swim Framework Stage 8

- Dive from the a starting block in a streamline position and use an underwater butterfly leg kick whilst submerged (at least 5 repetitions)
- Swim 100 metres breaststroke in a 25 metre pool, using legal turns, introducing underwater pull-outs, and performing a legal finish
- Swim 100 metres front crawl in a 25m pool, using legal tumble turns, and performing a legal finish
- Swim 100m backstroke in a 25m pool, using legal tumble turns, and performing a legal finish
- Swim 25 metres butterfly using a 2 stroke breathing pattern
- Swim 100 metres IM in a 25 metre pool, using legal turns, and performing a legal finish
- Swim 400 metres continuously using one stroke
- Complete a 400 metre set in a 25 metre pool (i.e. 16 x 25 metres) on a specific turnaround time set by the teacher/coach (e.g. 1 min for each 25 metres)