



## Advanced Aquatics Classes Swimmer Assessment

Swimmers wishing to participate in the Stage 8 – 10 Advanced Aquatics classes will need to achieve either:

- NPTS (2007) stage 7 or
- Complete a swim test as detail below:

Swimmers Name: \_\_\_\_\_

Criteria	✓/✗	Comments
1. Swim 100 metres using 3 or more strokes		
2. Swim 25 metres Backstroke		
3. Swim 25 metres Front Crawl		
4. Swim 25 metres Breaststroke or Butterfly		
5. Swim 50 metres using 1 stroke		
6. Tread water for 30 seconds (preferably egg beater action)		
Additional comments		

Recommendation following assessment:

**Accepted for Advanced Aquatics Class at Stage \_\_\_\_\_**

**Or**

**NPTS Stage \_\_\_\_\_**

(indicate which group)

Assessed by: \_\_\_\_\_ Date: \_\_\_\_\_

Please return form to Rita Shah on completion of assessment