

HOOK SWIM SCHOOL COMPLETE SWIMMER AWARD

Must have completed the following badges:-

1. 1 Mile (1500m)
2. Speedy Silver
3. Gold Medal Award
4. Hook Swim School Personal Survival Award

The following tasks then must also be completed:-

- A racing start for front crawl, back crawl and breaststroke with the correct transition to stroke.
- From a racing start perform an individual medley with good technique.
- A back crawl tumble turn.
- Swim 4 by 1 lengths either front crawl or back crawl with 15-20 secs rest in between and count arm actions for each length.
- Swim 4 by 1 lengths either butterfly or breaststroke with 15-20 secs rest in between and count arm actions for each length.
- Perform an accurate front crawl turn and a breaststroke turn.