

Stage 7

Criteria:

- Swim 25m Backstroke
- Rainbow Stroke Distance – 25m Backstroke Award*
- Swim 25m Frontcrawl
- Rainbow Stroke Distance – 25m Frontcrawl Award*
- Swim 25m Breaststroke
- Rainbow Stroke Distance – 25m Breaststroke Award*
- Swim 25m Butterfly
- Rainbow Stroke Distance – 25m Butterfly Award*
- Sequence
- Perform a Standing Dive
- Swim 50m continuously using 1 stroke
- Swim 100m continuously using 3 strokes
- Rainbow Distance 100m award*
- Tread water using egg beater leg action for 30 seconds
- Obstacle Course
- Rainbow Distance 200m award*
- Personal Survival Level 2 Award*

