

By the end of Stage 4 of the ASA Learn to Swim Framework, your child should have reached 13 outcomes Swimmers should complete these outcomes without support:

- Demonstrate an understanding of buoyancy
- Perform a tuck float for 5 seconds
- Perform a sequence of changing shapes (minimum of three) whilst floating at the surface
- Push and glide from the wall to the pool floor
- Kick 10 metres backstroke (one item of equipment optional)
- Kick 10 metres front crawl (one item of equipment optional)
- Kick 10 metres butterfly on the front or on the back
- Kick 10 metres breaststroke on the back (equipment optional)
- Kick 10 metres breaststroke on the front (equipment optional)
- Perform on the back a head first sculling action for 5 metres in a horizontal position
- Travel on back and roll in one continuous movement onto front
- Travel on front and roll in one continuous movement onto back
- Swim 10 metres, choice of stroke is optional