

By the end of Stage 7 of the ASA Learn to Swim Framework, your pupils should have reached 10 outcomes .
Swimmers should complete these outcomes without support

- Swim 25 metres backstroke
- Swim 25 metres front crawl
- Swim 25 metres breaststroke
- Swim 25 metres butterfly
- Perform a movement sequence of 1 minute duration, in a group of three or more, incorporating a number of the following skills:
 - Sculling: head first, feet first
 - Rotation: forward/backward somersault, log roll
 - Floating: star on the front/on the back, tuck float, create own
 - Eggbeater: moving, lifting one or both arms out of the water link skills with strokes and sculls
- Perform a sitting dive
- Swim 50 metres continuously using one stroke
- Swim 100 metres, using a minimum of three different strokes
- Tread water using eggbeater action for 30 seconds
- Complete an obstacle course (using minimum of four objects) with feet off the pool floor throughout