

HAC Academy 1

- 50m Front crawl breathing every 3 strokes with 20 strokes per length.
- 25m backstroke with 20 strokes per length, good rotation, head still.
- 12.5m butterfly breathing every 2 strokes.
- 25m breaststroke 16 strokes max per length with good timing, pull, breathe, kick glide and whip kick.
- Push and glide test for a minimum of 6 meters in a streamline position.
- 5 dolphin kicks into flutter kick.
- Breaststroke underwater phase with full pull out.
- 25m body position kick on front.
- 25m body position kick on back.
- 25m front scull with no kick.
- 25m scull on back head first.
- 50m streamline kick on all strokes.
- Perform a front crawl and backstroke turn with underwater phase.
- Perform a touch turn for fly and breaststroke.
- Correct finish on all 4 strokes.
- Perform a standing dive.

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Hackney Aquatics Club

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HAC Academy 2

- 25m front crawl breathing every 3 strokes with 24 strokes per length.
- 25m backstroke with 24 strokes per length, good rotation, head still.
- 10m butterfly with arms clearing the water attempting to breathe.
- 25m breaststroke with under 18 strokes with correct leg kick.
- Push and glide test for a minimum of 5 meters in a streamline position.
- Streamline push and glide underwater to perform 4 dolphin kicks to the surface.
- 20m Body position kick (Superman) rotating to breathe, no aids.
- 25m streamline kick on all strokes.
- Forward somersault into the wall attempting to push off the wall with two feet.
- 15m front scull.
- 15m head first scull.
- Hold a streamline float on the front for 5 seconds with a rotation onto the back for 5 seconds.
- Perform a kneeling dive.

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HAC Academy 3

- 15m front crawl breathing every 3 strokes.
- 15m backstroke with little finger entry.
- Push off the wall with 3 butterfly arm strokes clearing the water no breath.
- 15m breaststroke to include a whip kick, feet turned out.
- Push and glide test for a minimum of 4 meters underwater in a streamline position.
- Perform a push and glide under the water to include 3 dolphin kicks up to the surface.
- Float on front arms by side and rotate onto the back
- Perform a combination of three different floats e.g. star, pencil, mushroom.
- 15m body position kick (Superman) rotating to breathe to the side on front with an aid.
- 15m streamline kick on all four strokes.
- Perform a forward somersault.
- 10m scull on front.
- 10m scull on back.
- Perform a sitting dive.

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