

ASA NPTS STAGE 1
OUTCOMES
Enter the water safely
Move forwards for a distance of 5 metres
Move backwards for a distance of 5 metres
Move sideways for distance of 5 metres
Scoop the water and wash face
Be at ease with water showered from overhead
Move into a stretched floating position using aids, equipment or support
Regain an upright position from on the back, with support
Regain an upright position from on the front with support
Push & glide in a horizontal position to or from a wall

ASA NPTS STAGE 2
OUTCOMES
Jump in from poolside safely
Blow bubbles a minimum of 3 times rhythmically with nose and mouth submerged
Regain upright position from the back without support
Regain an upright position from the front without support
Push from wall & glide on the back
Push from wall & glide on the front
Travel on the back for 5 metres, aids or equipment may be used
Travel on the front for 5 metres, aids or equipment may be used
Perform a rotation from the front to the back to gain an upright position

ASA NPTS STAGE 3
OUTCOMES
Jump in from poolside and submerge (min depth. 0.9)
Sink, push away from wall on side and maintain a streamlined position
Push & glide on the front with arms extended and log roll onto the back
Push & glide on the back with arms extended and log roll onto the front
Travel on the front, tuck to rotate around the horizontal axis to return on the back
Fully submerge to pick up an object
Answer correctly 3 questions on the Water Safety Code
Travel 10 metres on the back
Travel 10m on the front

ASA NPTS STAGE 4
OUTCOMES
Demonstrate an understanding of buoyancy
Perform a tuck float for 5 seconds
Perform a sequence of changing shapes (minimum of 3) whilst floating at the surface
Push & glide from the wall to the pool floor
Kick 10 metres Backstroke
Kick 10 metres Front Crawl
Kick 10 metres Butterfly on the front or on the back
Kick 10 metres Breaststroke on the back
Kick 10 metres Breaststroke on the front
Perform on the back a head first sculling action for 5m in a horizontal position
Travel on the back and roll in one continuous movement onto front
Travel on the front and roll in one continuous movement onto back
Swim 10 metres, choice of stroke is optional

ASA NPTS STAGE 5
OUTCOMES
Perform a horizontal stationary scull on the back
Perform a feet first sculling action for 5 metres whilst horizontal on the back
Perform a sculling sequence with a partner for 30-45 seconds to include a rotation
Tread water for 30 seconds
Perform 3 different shaped jumps into deep water
Swim 10 metres Backstroke
Swim 10 m Front Crawl face in the water
Swim 10 metres Breaststroke
Swim 10 metres Butterfly
Perform a handstand and hold for a minimum of 3 seconds
Perform a forward somersault, tucked, in the water
Demonstrate an action for getting help

ASA NPTS STAGE 6
OUTCOMES
Demonstrate an understanding of preparation for exercise
Sink, push off on side from the wall, glide, kick and rotate into Backstroke
Sink, push off on side from the wall, glide, kick and rotate into Front Crawl
Swim 10 metres with clothes on
Swim Front Crawl to include at least six rhythmical breaths
Swim Breaststroke to include at least six rhythmical breaths
Swim Butterfly to include at least three rhythmical breaths
Swim 25 metres, choice of stroke is optional
Perform a 'shout & signal' rescue
Perform a surface dive

ASA NPTS STAGE 7	
OUTCOMES	
1. Swim 25 metres Backstroke	
2. Swim 25 metres Front Crawl	
3. Swim 25 metres Breaststroke	
4. Swim 25 metres Butterfly	
5. Perform a movement sequence of 1 minute duration, in a group of 3 or more, incorporating a number of the following skills: Sculling, Rotation, Floating, Eggbeater	
6. Perform a sitting dive	
7. Swim 50 metres continuously using one stroke	
8. Swim 100 metres, using a minimum three different strokes	
9. Tread water using egg beater action for 30 seconds	
10. Complete an obstacle course (using minimum of 4 objects) with feet off the bottom throughout	

ASA NPTS STAGE 8	
OUTCOMES	
1. Complete a set lasting 400m (e.g 16 x 25m) on a specific turn around time set by the coach (E.g 1.00min for each 25m)	
2. Swim 400m continuously using one stroke	
3. Kick 25m Backstroke with/without using a board	
4. Kick 25m Breaststroke with/without using a board	
5. Kick 25m Butterfly with/without using a board	
6. Kick 25m Front Crawl with/without using a board	
7. Perform a Backstroke turn from 10m in to 15m out	
8. Perform a Breaststroke turn from 10m in to 15m out	
9. Perform a Butterfly turn from 10m in to 15m out	
10. Perform a Front Crawl turn from 10m in to 15m out	

ASA NPTS STAGE 9
OUTCOMES
1. Complete a set lasting 800m (E.g. Either 16 x 50m; 8 x 100m; 4 x 200m) on a specific turn around time set by the coach (E.g. 1.30min for 50m's, 2.45min for 100m's; 6.00min for 200m's)
2. Swim 800m continuously using one stroke
3. Swim a continuous 100m IM using legal turns
4. Perform a 15m underwater kick on front in a streamlined position
5. Perform a Backstroke start then Butterfly kick in a streamlined position underwater until 10m from the start point (wall), transfer into stroke and complete the remainder of the 25m
6. Perform a Front Crawl start, underwater kick in a streamlined position until a minimum of 10m from the start point (wall) is completed, transfer into stroke and complete the remainder of the 25m
7. Perform a Butterfly start, kick in a streamlined position until a minimum of 10m from the start point (wall) is completed, transfer into stroke and complete the remainder of the 25m
8. Perform a Breaststroke start, perform a 1½ pull under water, transfer into stroke and complete the

ASA NPTS STAGE 10
OUTCOMES
1. Complete a set lasting 1600m (either 16 x 100m; 8 x 200m; 4 x 400m) on a specific timed turn around set by the coach (e.g. 2.30min for 100m's; 5.30min for 200m's; 12min for 400m's)
2. Swim 1500m continuously choosing one stroke
3. Perform a continuous 100m IM kick without using a kick board
4. Swim a continuous 200m IM using legal turns
5. Perform a 15m under water Butterfly kick on back or front in streamlined position
6. Perform a Front Crawl relay take over – as an incoming Swimmer
7. Perform a Front Crawl relay take over – as an outgoing Swimmer