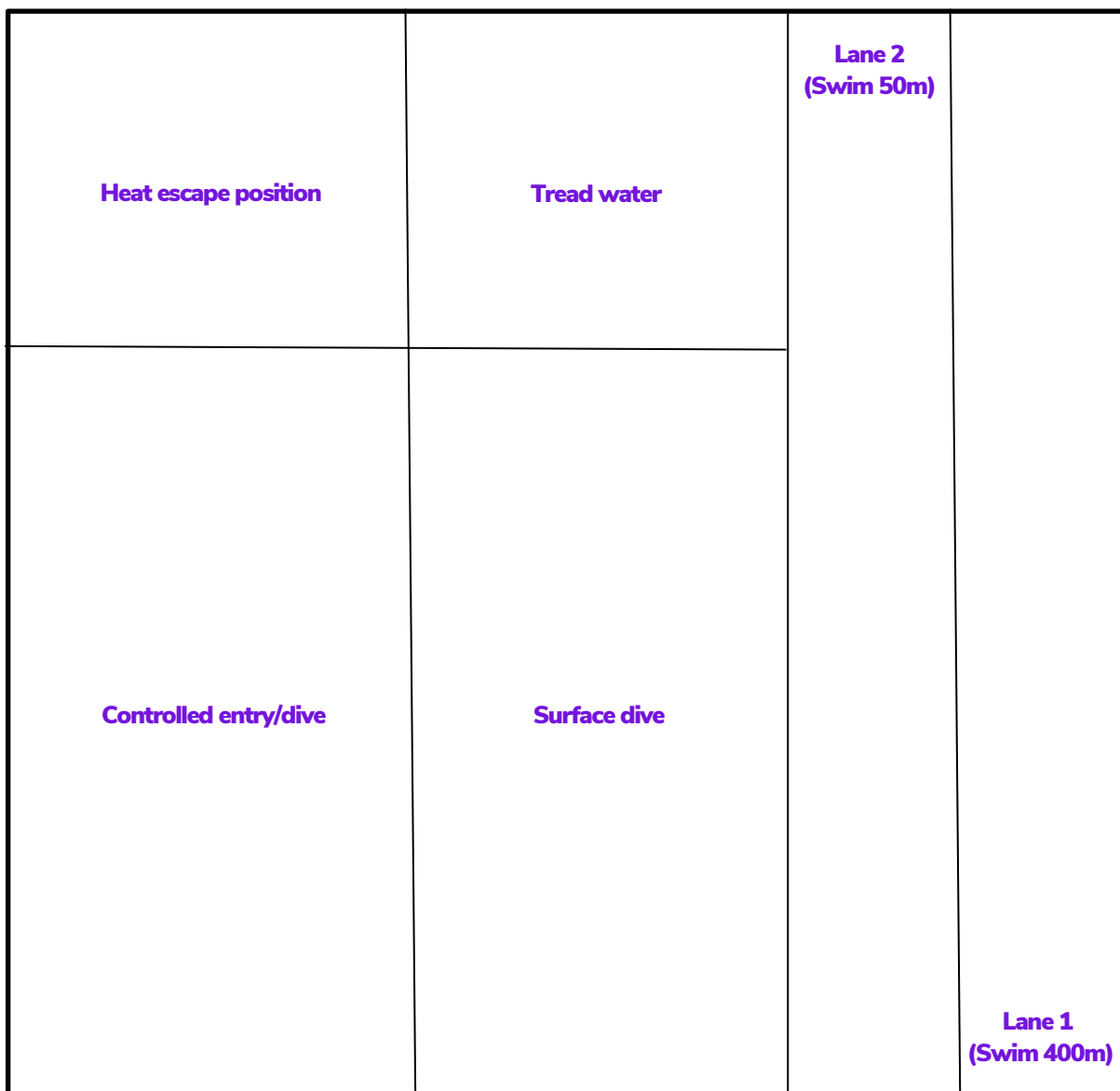# Swimmer stage 3

Here's an example of a circuit layout that could be used to complete requirements 3 – 8.

This circuit could be completed in any order. This layout shows how the pool could be arranged to make the most of the space available but it can be adapted to suit the pool you're visiting.

Shallow end

Heat escape position	Tread water	Lane 2 (Swim 50m)
Controlled entry/dive	Surface dive	Lane 1 (Swim 400m)

Deep end

Swimmer stage 4

Here's an example of a circuit layout that could be used to complete requirements 3 – 8.

This circuit could be completed in any order. This layout shows how the pool could be arranged to make the most of the space available but it can be adapted to suit the pool you're visiting.

Shallow end

Tread water	Heat lessening position	**Lane 2 (Swim 100m)**
Straddle jump	Racing dive and surfing dive	
		Lane 1 (Swim 800m)

Deep end

Swimmer stage 5

Here is an example of a circuit layout that could be used to complete requirements 3 – 10.

This circuit could be completed in any order. This layout shows how the pool could be arranged to make the most of the space available but it can be adapted to suit the pool you're visiting.

Shallow end

Tread water and heat lessening position	**Scull**	**Lane 2 (Swim 100m)**
Straddle jump and somersault	**Racing dive and surfing dive**	**Lane 1 (Swim 1000m)**

Deep end