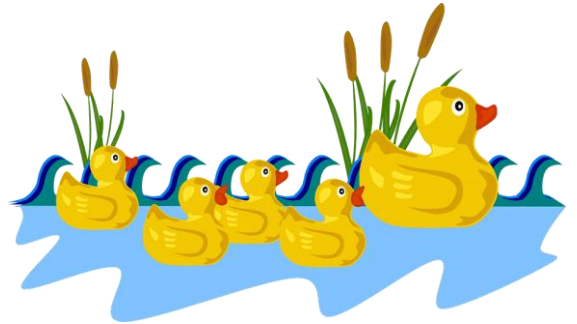


## What swimming level is your child?

### Level 1 – Ducklings

- Understanding basic pool rules.
- Enter and exit pool safely with assistance.
- Get face wet without submerging.
- Blowing bubbles.
- Float on front and back with an aid and assistance.
- Kick on front and back with aid.
- Attempt jumping in with assistance and an aid.



### Level 2 – Frogs

- Understanding basic pool rules.
- Enter and exit pool safely without assistance.
- Attempt jumping in with an aid.
- Using a board /aid float on back unassisted.
- Bob up and down repeatedly submerging body and blow bubbles through nose and mouth.
- Roll 180 degrees from front to back.
- Kick on front and back with aid unassisted.
- Introduction breaststroke – freestyle arms and legs.

### Level 3 - Seals

- Understanding basic rules of pool.
- Enter and exit pool safely without assistance.
- Attempt jumping into pool with an aid unassisted.
- Attempt lying on back with an aid unassisted.
- Attempt starfish and deadman's float unassisted.
- Freestyle legs with aid of the pool wall.
- Blowing bubbles through mouth and nose and submerging under the water repeatedly.
- Attempt 2 meters of Brea stroke unaided.
- Demonstrate freestyle arms with aid of a kickboard...



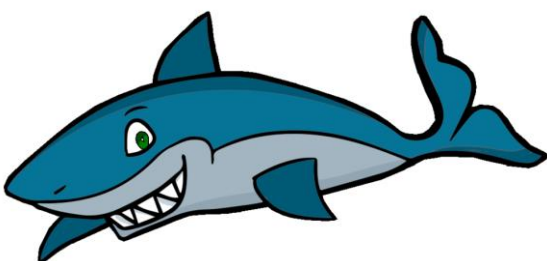
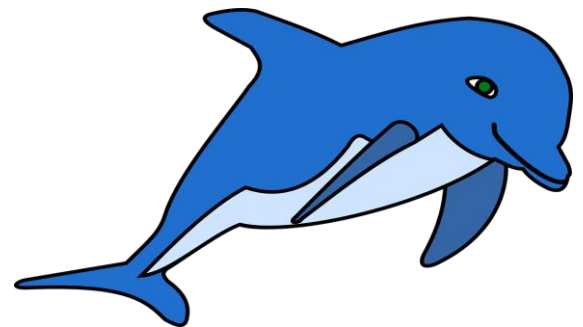
#### Level 4 – Turtles

- Safe pool entry from a standing and sitting position.
- Demonstrate a floating position on front and back for 10 seconds.
- Push off wall and glide on front and back.
- Demonstrate breast stroke arms.
- Demonstrate freestyle arms action with a board for 5 metres.
- Demonstrate backstroke arm with a board for 5 metres.
- Demonstrate breaststroke legs with aid of a kick board.
- Using an aid attempt to tread water using breaststroke legs for 20 seconds.
- Introduction of bilateral breathing.
- Introduction of kneeling dive and a pencil dive.
- Introduction of side stroke.



#### Level 5 – Dolphins

- Safe entry in and out of the pool unaided.
- Push and glide holding position for 2 meters.
- Demonstrate 5 lengths of breaststroke legs.
- Demonstrate 10 lengths of freestyle legs with aid of a kick board.
- Demonstrate 10 lengths of freestyle with bilateral breathing.
- Demonstrate 10 lengths of Breast stroke.
- Demonstrate diving from standing position and swim through a hoop.
- Demonstrate a pencil dive.
- Demonstrate 5 lengths of back stroke and side stroke.



#### Level 6 – Sharks

- Surface dives and retrieve objects from bottom of the pool.
- Demonstrate dives and swimming out for 5 meters.
- Demonstrate 10 lengths freestyle showing good technique and breathing without stopping.
- Demonstrate 10 lengths backstroke showing good technique without stopping.
- Demonstrate 10 lengths breaststroke with good technique and breathing without stopping.
- Demonstrate 10 lengths of sidestroke.
- Introduction of Dolphin kicks and Butterfly arms....