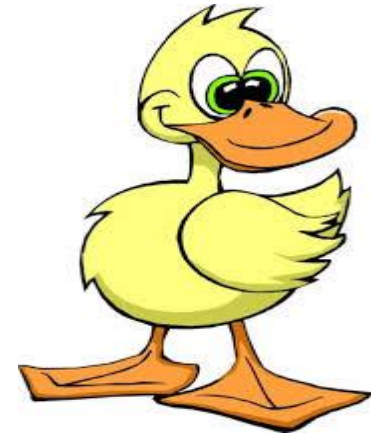


## LEVEL 1 – DUCKS

- Enter and exit the water safely using our safety methods.
- Demonstrate blowing bubbles with face submerged in water.
- Demonstrate paddle and kick movements.
- Float on back demonstrating kick with floatation aid.
- Perform a star fish float for 5 seconds.
- Perform a push and glide from the edge of the wall with a board and kick for 3 meters.
- Jump into the pool from the edge.
- Give an example of 2 pool rules.



## LEVEL 2 – FROGS

- Pencil jump into the pool safely from the edge.
- Blow bubbles a minimum of three times rhythmically, with nose and mouth submerged.
- Perform a star fish float for 10 seconds on front and back and return to the edge of the pool.
- Perform 5 meters front crawl arms and legs with a board and taking breaths.
- Perform 5 meters back crawl arms and legs with a board.
- Start from the wall using a recognised leg action on their back unaided.
- Perform a star fish float on front, to a back-star fish float into a mushroom float and return to the edge of the pool.
- Perform the over arm action of front crawl for 5 meters unaided.



### LEVEL 3 - SEALS

- Sink, push away from wall and maintain a streamlined position.
- Push and glide on the front with arms extended in the rocket position and log roll onto the back.
- Fully submerge to pick up an object.
- Perform 1 full length of front crawl and backstroke with a board.
- Perform front crawl arms and legs with the understanding of breathing every 3 strokes (bilateral breathing) for 10 meters.
- Perform back crawl legs and arms for 10 meters unaided.
- Demonstrate breaststroke pull and kick for 5 meters.



### LEVEL 4 – TURTLES

- Perform a sequence of changing of shapes (mushroom float, starfish float on the front and back) whilst floating on the surface and demonstrate an understanding of floating and returning to the edge of the pool.
- Push and glide from the wall towards the pool floor.
- Swim unaided for 1 full length of front crawl, backstroke and breaststroke.
- Swim with a board for 2 full lengths of front crawl.
- Swim with a board for 2 full lengths of back crawl.
- Travel on front and log roll in one continuous movement onto back.
- Show an understanding of butterfly kick and arms for 5 metres.
- Fully submerge and pick up 2 objects from the bottom of the pool at the same time.



## LEVEL 5 – DOLPHINS

- Perform a feet first sculling action for 18 metres in flat in a flat position on the back.
- Tread water for 30 seconds.
- Push and glide with a streamline position and swim front crawl continuously for 2 lengths.
- Push and glide with a streamline position and back front crawl continuously for 2 lengths.
- Push and glide with a streamline position and swim breaststroke continuously for 2 lengths.
- Push and glide with a streamline position and swim butterfly for 1 full length.
- Demonstrate all 4 strokes, correct leg action without a board.
- Perform a forward somersault in the water.



## LEVEL 6 – SHARKS

- Give two examples of how to prepare for exercise and understand why it is important.
- Push and glide with a streamline position and swim front crawl continuously for 4 lengths.
- Push and glide with a streamline position and swim back crawl continuously for 4 lengths.
- Push and glide with a streamline position and swim breaststroke continuously for 4 lengths.
- Push and glide with a streamline position and swim butterfly continuously for 4 lengths.
- Push and glide and swim 4 lengths continuously using all 4 strokes, in the IM order with correct turns.
- Tread water using eggbeater action for 30 seconds.
- Complete an obstacle course (using a minimum of 4 objects) with feet off the pool floor throughout.

