

LEVEL 1 - DUCKS



Enter and exit safely

Demonstrate blowing bubbles

Demonstrate paddle and kick movements

Float on back with board and kicks

Hands at top of board and kick for 3 meters

Starfish for 5 seconds

Jump into pool unassisted

Understand/name two pool rules

LEVEL 2 - FROGS



each

Pencil jump into the pool safely

Blow bubbles rhythmically 3 times (nose and mouth)

5 meters front crawl with board taking breaths

5 meters back crawl with board

Recognized leg action on back unaided

Over arm action front crawl unaided 5 meters

Starfish on front and back then mushroom float for 10 seconds

LEVEL 3 - SEAHORSES



LEVEL 4 - SEALS



18 meters front crawl with board

10 meters front crawl with board

10 meters back crawl with board

Collect 2 toys from bottom of pool

10 meters front crawl without board

18 meters back crawl with board

18 meters front crawl unaided with bilateral breathing

Rocket position with board bilateral breathing

Rocket position without board while taking breaths

Recognized leg action on back unaided 5 meters

18 meters back crawl unaided with high standard kick

Breaststroke legs with board for 10 meters taking breaths

Breaststroke pull and kick for 5 meters

Collect 2 toys from bottom of pool



LEVEL 5 – TURTLES



2 lengths front crawl with board

2 lengths back crawl with board

18 meters unaided front crawl

18 meters unaided back crawl

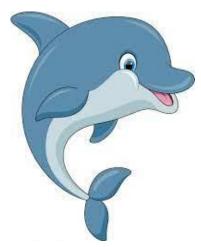
18 meters unaided breaststroke

Butterfly kick with rocket arms for 18 meters

Butterfly arms and legs for 5 meters

Push and Glide from wall to collect two toys from pool floor at same time

LEVEL 6 – DOLPHINS



2 lengths front crawl with strong leg kick and correct breathing

2 lengths back crawl with alternating arm action and strong kick

2 lengths breaststroke with correct stroke timing

18 meters butterfly

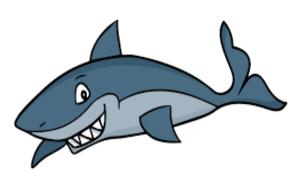
Tread water for 30 seconds, alternating arm position

Perform a forward somersault

Feet first sculling for 18 meters

Sitting surface dive and attempted kneeling dive

LEVEL 7 – SHARKS



4 lengths front crawl to a high standard of technique

4 lengths back crawl to a high standard of technique

4 lengths breaststroke to a high standard of technique

2 lengths butterfly

Individual medley in the IM order with touch turns

Tread water for 60 seconds, alternating arm position

Introduction to tumble turns for each stroke

Complete an obstacle course with feet off pool floor throughout (4 objects)