

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



- Rocket position with board bilateral breathing
- Rocket position without board while taking breaths
- 10 meters front crawl with board
- 10 meters front crawl without board
- 10 meters back crawl with board
- Recognized leg action on back unaided 5 meters
- Collect 2 toys from bottom of pool

LEVEL 4 – SEALS



- 18 meters front crawl with board
- 18 meters back crawl with board
- 18 meters front crawl unaided with bilateral breathing
- 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)