

Level 7 - Stroke Development

Seals

Propelled kicking in streamline position
[15m freestyle demonstrating bilateral breathing](#)
Propelled kicking on back with arms extended
Continuous backstroke with arms in straight position
Basic breaststroke kicking with kickboard
Demonstrate breaststroke arm movement in shallow water
Butterfly kick in streamline position
Perform a basic dive and continue 1 lap of freestyle
Scull for 30 seconds then swim for 1 minute holding flotation aid

Level 8 - Streamlined Strokes

Marlin

[Complete 25 metres of freestyle with correct bilateral breathing](#)
From a streamline position complete 20 metres of backstroke with bent arm pull
Understand breaststroke sequence pull-breath-kick-glide
Demonstrate breaststroke kick with glide in streamline position
Perform butterfly kick in streamline position with pop up breathing
Demonstrate sculling in the forward and backward motion
Tread water in deep end for 60 seconds
Racing dive and 2 laps of racing freestyle
Demonstrate a backstroke start
Perform basic breaststroke for 15 metres
Complete a forward somersault in water

Level 9 - Race technique

Dolphin

[From a streamline position complete 50 metres of freestyle showing good technique including bilateral breathing, strong kick, high elbow recovery](#)
From a backstroke start complete 50 metres continuous backstroke
Perform correct breaststroke pull-breath-kick-glide for 25 metres
Perform 10 metres of butterfly with pop up breathing
Ability to perform tumble turn and push off on to back
Understand race starts and finishes for all 4 strokes
Understanding of drills and what they are achieving
Tread water for 3 minutes using correct egg beater kick and sculling action

Level 10 - Medley Magic

Sharks

[Perform 100 metres efficient freestyle](#)
Perform effective tumble turn
Perform 75 metres effective backstroke
Perform 75 metres effective breaststroke
Perform 50 metres effective butterfly
Demonstrate change of speed drills retaining efficient strokes
Complete 100 metre Medley