

Level 1 – Parent and Baby

Singing Starfish

Awarded to: _____

Date: _____ Instructor: _____

Skills achieved so far



- Safe entry into the pool with parent
- Happy to be held in the water
- Happy to be glided through the water
- Assisted float on back
- Assisted kicking
- Assisted paddle
- Reach for pool floats or the side of the pool
- Allows water to be sprinkled over head
- Assisted fall from side of pool, turn around to wall
- Assisted attempts to blow bubbles
- Submerging turned to parent
- Pulling self up onto parent's shirt from submersion
- Submerging turned to pool side and reach for wall
- Assisted monkey crawl holding side of pool
- Safe exit from pool with parent

Your achievements this term include:

Congratulations on achieving level 1 of 10

The next level for you is: Level 2 – Goldfish

One skill for next level is:

Paddling action on noodle with assistance

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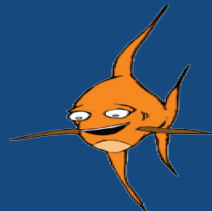
Level 2 – Parent / Instructor and Toddler **Goldfish**

Awarded to: _____

Date: _____ **Instructor:** _____

Skills achieved so far

- Safe entry into the pool area
- Assisted slide entry into pool
- Confidence and familiarisation in water
- Stand on stairs or in shallow water unassisted
- Attempts to blow bubbles
- Submerging face
- Assisted back float
- Paddling action on noodle with assistance
- Kicking legs
- Assisted jump into water and return to side
- Reaching and holding onto wall by self
- Climbing out of pool independently at the stairs
- Understanding of where the stairs are
- Awareness of not going in the pool area without parent
- Monkey crawl to stairs by self
- Assisted climb out at side of pool
- Float on board or noodle



Your achievements this term include:

Congratulations on achieving level 2 of 10

The next level for you is: Level 3 – Turtles

One skill for next level is:

Paddle independently with noodle or back float

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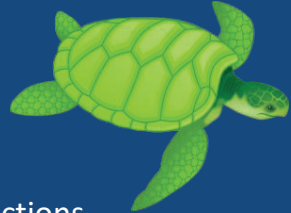
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Level 3 – Into the Swim Turtles

Awarded to: _____

Date: _____ **Instructor:** _____

Skills achieved so far



- Safe slide entry into the pool
- Confident in water without parent
- Able to listen and follow basic instructions
- Happily blows bubbles with face in the water
- Happily submerges in water
- Paddle independently with noodle or back float
- Kick with kickboard or noodle independently
- Assisted back float
- Jump to instructor, assisted paddle back to wall
- Reaching for objects under the water
- Assisted kick on back
- Safe exit from pool area and close gate

Your achievements this term include:

Congratulations on achieving level 3 of 10

The next level for you is: Level 4 – Seahorse

One skill for next level is:

Paddle unassisted to side of pool from distance of 2 metres

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Level 4 – Basic Buoyancy and Movement *Seahorse*

Awarded to: _____

Date: _____ **Instructor:** _____

Skills achieved so far

- Float on front and regain feet in shallow
- Float on back and regain feet in shallow
- Blow bubbles from nose and mouth
- Paddle unassisted to side of pool from distance of 2 metres
- Fully submerge reaching for object under water
- Perform pop up breathing when kicking with kickboard
- Assisted kick on back with kickboard
- Jump into water, turn around and swim to side
- Understand dangers of jumping near stairs or too close to side



Your achievements this term include:

Congratulations on achieving level 4 of 10

The next level for you is: Level 5 – Clown Fish

One skill for next level is:

Swim with face in for 5 metres

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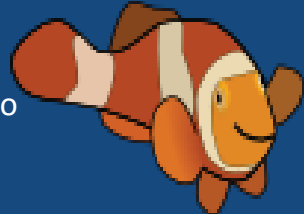
Level 5 – Independent Swimmer Clownfish

Awarded to: _____

Date: _____ Instructor: _____

Skills achieved so far

- Push and glide from side in a torpedo with and without goggles
- Swim with face in for 5 metres
- Blow bubbles from nose and mouth whilst swimming
- Perform basic freestyle arms
- Back float unassisted for 10 seconds
- Kicking on back with kickboard
- Perform basic backstroke arms with assistance
- Perform an assisted crouch dive
- Tread water keeping head above water in deep for 10 seconds
- Perform body rotations rolling from front to back
- Retrieve dive stick from shallow end of pool



Your achievements this term include:

Congratulations on achieving level 5 of 10

The next level for you is: Level 6 – Freestyle Frogs

One skill for next level is:

Perform basic freestyle action for 10m with and without goggles

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Level 6 – Towards Strokes Freestyle Frogs

Awarded to: _____

Date: _____ Instructor: _____

Skills achieved so far



- Kick in streamline torpedo for 5 metres
- Unassisted kick on back
- Perform basic backstroke action for 7m
- Establish bilateral breathing pattern with kickboard
- Perform basic freestyle action for 10m with and without goggles
- Jump in deep end and tread water for 30 seconds
- Understand and perform the sculling hand action
- Retrieve dive stick from deep end of pool
- Perform a basic dive
- With a partner pass a rigid aid and pull partner to the side
- Be able to recognise and talk about potential hazards in various water situations

Your achievements this term include:

Congratulations on achieving level 6 of 10

The next level for you is: Level 7 – Seals

One skill for next level is:

15m Freestyle demonstrating bilateral breathing

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Advanced Junior Level 6

Stingrays

Awarded to: _____

Date: _____ Instructor: _____

Skills achieved so far

- Torpedo for 5 metres
- Unassisted kick on back for 5m
- Perform basic freestyle arms for 7m
- Swim continuously for 20m using any action with and without goggles
- Jump in deep end and tread water for 30 seconds
- Retrieve dive stick from deep end of pool
- Perform a basic dive
- Pass a rigid aid to a partner and instruct partner to swim to side
- Understands age appropriate home pool safety rules



Your achievements this term include:

Congratulations on achieving level 6 of 10

The next level for you is: Advanced Junior Level 7

One skill for next level is:

15m Freestyle with efficient arms and legs, learning to breathe bilaterally

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Level 7 – Stroke Development Seals

Awarded to: _____

Date: _____ **Instructor:** _____

Skills achieved so far

- 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



Your achievements this term include:

Congratulations on achieving level 7 of 10

The next level for you is: Level 8 – Marlin

One skill for next level is:

Complete 25m of freestyle with correct bilateral breathing

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Advanced Junior Level 7 Whales

Awarded to: _____

Date: _____ **Instructor:** _____

Skills achieved so far



- Propelled kicking in streamline position
- 15m freestyle with efficient arms and legs, learning to breathe bilaterally
- Propelled kicking on back
- Perform backstroke action on top of the water with straight arms for 10m
- Basic breaststroke kicking with kickboard
- Demonstrate breaststroke arm movement in shallow water
- Basic dolphin kick
- Perform a basic dive and continue 1 lap of freestyle
- Scull or tread water for 30 seconds then swim for 1 minute holding flotation aid

Your achievements this term include:

Congratulations on achieving level 7 of 10

The next level for you is: Level 7 - Seals

One skill for next level is:

15m freestyle demonstration bilateral breathing

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Level 8 – Streamlined Strokes

Marlin

Awarded to: _____

Date: _____ **Instructor:** _____

Skills achieved so far

- Complete 25 metres of freestyle with correct bilateral breathing
- From a streamline position complete 20 metres of backstroke with bent arm pull
- Demonstrate breaststroke kick with glide in streamline position
- Understand breaststroke sequence pull-breath-kick-glide
- 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



Your achievements this term include:

Congratulations on achieving level 8 of 10

The next level for you is: Level 9 – Dolphins

One skill for next level is:

50 metres of freestyle showing good technique

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Level 9 – Race Technique

Dolphins

Awarded to: _____

Date: _____ **Instructor:** _____

Skills achieved so far

- 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



Your achievements this term include:

Congratulations on achieving level 9 of 10

The next level for you is: Level 10 – Sharks

One skill for next level is:

Perform 100m efficient freestyle

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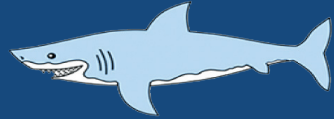
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Level 10 – Medley Magic Sharks

Awarded to: _____

Date: _____ **Instructor:** _____

Skills achieved so far



- Perform 100 metres efficient freestyle
- Perform effective tumble turn
- Perform 75 metres effective and efficient backstroke
- Perform 75 metres effective and efficient breaststroke
- Perform 50 metres effective and efficient butterfly
- Demonstrate change of speed drills retaining efficient strokes
- Complete 100 metre Medley

Your achievements this term include:

Congratulations on achieving level 10 of 10
You are now ready for mini-squads

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**TTTT
Tadpole
Award**



Awarded to: _____

for

Date: _____ Instructor: _____

Skills to work on next include:

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