

Level 1 - Parent and Baby

Singing Starfish

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

Level 4 - Basic Bouyancy and Movements

Seahorse

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

Level 2 - Parent/ Instructor and Toddler

Goldfish

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

Level 5 - Independent Swimmer

Clown Fish

Push and glide from side in a torpedo with and without goggles
Blow bubbles from nose and mouth whilst swimming
[Swim with face in for 5 metres](#)
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 divestick from shallow end of pool

Level 3 - Into the Swim

Turtles

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

level 6 - Towards Strokes

Freestyle Frogs

Kick in streamline torpedo for 5 metres
[Perform basic freestyle action for 10m with and without goggles](#)
Unassisted kick on back
Perform basic backstroke action for 7m
Establish bilateral breathing pattern with kickboard
Jump in deep end and tread water for 30 seconds
Understand and perform the sculling hand action
Retrieve divestick 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