

Learn to Swim Criteria

Pre-School

- 1) Understanding of Basic pool rules
- 2) Walking in water with water at shoulder level
- 3) Enter and exit pool safely with assistance
- 4) Float on front and back with an aid and assistance
- 5) Get face wet without submerging
- 6) Blowing bubbles
- 7) Regain feet from a floating position with an aid and assistance
- 8) Kick on Front and back with aid

Non Swimmers

- 9) Understanding of basic pool rules
- 10) Pick up objects from the bottom of the pool in shallow water
- 11) Enter and exit pool safely without assistance
- 12) Using a board/aid float on back unassisted
- 13) Bob up and down repeatedly, submerging body and blow bubbles
- 14) Roll 180 degrees from front to back then regain feet
- 15) Kick on front with aid unassisted
- 16) Kick on back with aid unassisted

Beg 1

- 1) Perform a surface dive
- 2) Safe pool entry from a standing and sitting position
- 3) Demonstrate a floating position on front and back for 10 seconds
- 4) Push off wall and glide on front and back then regain feet
- 5) Demonstrate breathing to side
- 6) Rotate 360 degrees without touching the floor
- 7) Demonstrate a freestyle arm action with a board
- 8) Demonstrate a backstroke arm action with a board

Beg 2

- 1) Using an aid tread water using a cycling kicking action for 20 seconds
- 2) Demonstrate a handstand from the bottom of the pool
- 3) Demonstrate a sitting dive and glide
- 4) From a floating position swim through submerged hoop
- 5) Push and glide on front and back holding glide for 2 meters
- 6) Swim freestyle breathing to the side
- 7) Swim backstroke tummy up
- 8) Swim froggy arms
- 9) Kick on front and back with board

Improvers

- 1) Demonstrate a forward somersault from a standing position
- 2) Demonstrate a kneeling dive
- 3) Demonstrate 3 different floating positions
- 4) Demonstrate a good push off from the wall on front and kick in streamline
- 5) Demonstrate understanding of bi-lateral breathing
- 6) Swim 10m Freestyle breathing to side
- 7) Swim 10 m Backstroke keeping head still
- 8) Swim 10m on front showing breaststroke type actions
- 9) Kick on front and back with no support

SD1

- 1) Tread water for 30 seconds keeping head clear of water and then swim 15 meters
- 2) Surface dive and retrieve an object from the pool floor in deep water
- 3) Demonstrate a kneeling dive and swim out
- 4) Demonstrate a good push off with streamlining, on from and back from good starting position.
- 5) Using a pull buoy scull 10 meters on front in a forward direction
- 6) Swim 2X15 meters freestyle showing good technique and breathing without stopping.
- 7) Swim 2X15 m b/c showing good technique without stopping
- 8) Using a kickboard kick 2X15 meters breaststroke.
- 9) Kick 10 m arm by side using a butterfly style undulating action
- 10) Swim 4X10 each of freestyle and backstroke without stopping

SD2

- 1) Demonstrate a front somersault from floating position
- 2) Demonstrate a crouching dive
- 3) Using a pull buoy scull 15 meters on front head first and feet first
- 4) Swim 25 meters F/C with good technique
- 5) Swim 25 meters B/C with good technique
- 6) Swim 15 meters B/ST with correct timing
- 7) Attempt Butterfly arms and legs together for 5 meters
- 8) Tread water attempting eggbeater kick for 45 seconds then swim 25 meters
- 9) Swim 50 meters using 2 different strokes holding good technique, attempting turns without stopping

SD3

- 1) Demonstrate a standing dive into deep water
- 2) Demonstrate a good push, glide and streamline on front and back; hold and kick underwater for 5 meters
- 3) Using a pull buoy scull head first and feet first
- 4) Swim 50 meters freestyle demonstrating good rhythm and breathing
- 5) Swim 50 meters backstroke demonstrating good rhythm and breathing
- 6) Swim 25 meters breaststroke attempting pull out and regular breathing
- 7) Swim 10 meters using a butterfly action
- 8) Using a Kickboard kick 4 x 25 meters freestyle and backstroke
- 9) Pull 25 meters freestyle using a pull buoy
- 10) swim 100 meters using 2 different strokes holding good technique and turns without stopping