

## Causeway Swim Academy

### Duckling Level 1

1. Enter the water confidently using a swivel entry
2. Put face in water and blow bubbles
3. Bob up and down submerge head (repeat)
4. Move freely hop, skip and jump
5. Open eyes under water identify and object (goggles can be worn)
6. Kicking with floats on front and stand up
7. Lay on back with floats and stand up
8. Use arms from standing position (front crawl)
9. Jump into pool (with/without assistance)

### Duckling Level 2

1. Push and glide face down from wall (with/without floats)
2. Push and glide from wall on back (with/without floats)
3. Floating (with/without floats)
4. Front crawl leg kick (no float)
5. Back stroke leg kick (no float)
6. Intro to Breast stroke arms (standing position)
7. Swim on front using arms and legs
8. Swim on back using arms and legs (showing a degree of confidence)
9. Standing up from both front and back floating
10. Climb safely out of pool (steps and side)

### Octopus 3

1. Jump in from poolside and submerge (min depth 0.9m)
2. Retrieve object from pool bottom
3. Floatation rotation
4. Breathing whilst standing face in water (to side and to front)
5. Intro to breast stroke leg action
6. Front crawl leg kick face in the water streamline position (no float)
7. Using arms and legs swim 5 metres front crawl and back crawl
8. Intro to front crawl breathing (stationary) using arms
9. Intro to breast stroke breathing (stationary) using arms
10. Intro to back crawl arms

#### Octopus 4

1. Floating positions (regain standing position)
2. Push glide and pick up object from pool bottom
3. Push and glide streamline position on front
4. Push and glide streamline position on back
5. Attempt breast stroke arms and legs
6. Swim 10 metres front crawl attempting good technique and breathing
7. Swim 10 metres back stroke attempting good technique
8. Demonstrate a good understanding of breast stroke legs
9. Perform on back head first sculling action
10. Jump into shallow end of main pool

#### Goldfish 5

1. Perform a horizontal stationary scull on the back
2. Feet first sculling on their back
3. Intro to treading water
4. Tread water for 20 seconds
5. Perform 3 different shaped jumps into deep water
6. Swim 10 metres back stroke understanding of good technique
7. Swim 10 metres front crawl understanding of good technique
8. Swim 10 metres breast stroke understanding of good technique
9. Butterfly leg kick (intro to arms)
10. Confident swimming in deep water
11. Perform a forward somersault, tucked in the water

#### Goldfish 6

1. Demonstrate an understanding of preparation for exercise
2. Sink, push off on side from the wall, glide, kick and rotate into back stroke 10 metres
3. Sink, push off on side from the wall, glide, kick and rotate into front crawl 10 metres
4. Tread water for 30 seconds
5. Swim front crawl good breathing technique and streamline body
6. Swim breast stroke good breathing technique and streamline body over 10 metres
7. Attempt butterfly arms and legs (intro to breathing)
8. Swim 25 metres, own choice of stroke
9. Attempt sitting dive and glide
10. Perform a surface dive
11. Exit the water without using the steps

### Dolphin 7

1. Swim 25 metres back stroke with good technique
2. Swim 25 metres front crawl with good technique
3. Swim 25 metres breast stroke with good co-ordination
4. Attempt 25 metres butterfly
5. Perform a sitting dive. Progressions onto kneeling then standing dives
6. From a dive and then swim 25 metres continuously using one stroke
7. Attempt 50 metre swim choice of stroke
8. Attempt treading water using eggbeater action for 30 seconds
9. Attempt forward roll close to the wall (touch and push)
10. Attempt backward roll close to the wall (touch and push)

### Dolphin 8

1. Tread water for 45 seconds with head above surface throughout
2. 5 metre underwater kick and start with a good push and glide
3. Swim 25 metres full stroke butterfly, streamline & 4 kicks (butterfly) from the start
4. Swim 50 metre front crawl showing good technique throughout including an attempt at a tumble turn
5. Demonstrate a hand touch turn for front crawl covering a distance of 5 metres before and after the turn
6. Swim 50 metre back crawl showing efficient technique
7. Swim 50 metres breast stroke showing efficient technique
8. Continuous swim. Back stroke, breast stroke, front crawl for 75 metres

### Shark 9

1. Feet first surface dive, swim underwater to retrieve a diving brick from the bottom of pool from 1.8m depth or child's full reach height
2. Swim continuously 50 metre of breast stroke & front crawl showing efficient and correct technique throughout
3. Swim 50 metre of back crawl and butterfly, showing efficient and correct technique throughout
4. Intro to butterfly turns covering a minimum 5 metres after each turn
5. Intro to back crawl turns covering 5 metre distance after the turn
6. Intro to breast stroke turns pull, kick, surface into stroke
7. Kick 100 metre on front crawl & back stroke showing efficient technique (no fins)
8. Kick 50 metre breast stroke & 25 metre butterfly (fins optional) showing efficient technique
9. Continuous work on diving (competitive starts)
10. Attempt IM

## Shark 10

1. Complete a set lasting 400 metres (e.g. 16x25 metres)
2. Swim 400 metres continuously using one stroke
3. Kick 25 metre back stroke with/without using a board
4. Kick 25 metre breast stroke with/without using a board kick 25 metre breast stroke with/without using a board
5. Kick 25 metre butterfly without using a board
6. Kick 25 metre front crawl with/without using a board
7. Perform a back stroke turn from 10m in to 15m out
8. Perform a breast stroke turn from 10m in to 15m out
9. Perform a butterfly turn from 10m in to 15m out
10. Perform a front crawl turn from 10m in to 15m out