

Duckling 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 aids)
4. Front crawl leg kick (no float)
5. Back stroke leg kick (no float)
6. Intro to Breaststroke 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 breaststroke 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 Breaststroke Breathing (Stationary) using arms
10. Intro to backcrawl 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 Breaststroke arms and legs
6. Swim 10 metres front crawl attempting good technique and breathing
7. Swim 10 metres backstroke attempting good technique
8. Demonstrate a good understanding of breaststroke legs
9. Perform on the back headfirst 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 three different shaped jumps into deep water
6. Swim 10 metres backstroke understanding of Good technique
7. Swim 10 metres front crawl understanding of Good technique
8. Swim 10 metres breaststroke understanding 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 backstroke 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 breaststroke 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 steps

Dolphin 7

1. Swim 25 metres backstroke with good technique
2. Swim 25 metres front crawl with good technique
3. Swim 25 metres breaststroke 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. 5m Underwater kick and start with a good push and glide
3. Swim 25m full stroke Butterfly, Streamline & 4 Kicks (B' fly) from the start
4. Swim 50m 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 50m Backcrawl showing efficient technique
7. Swim 50m Breaststroke Showing efficient technique
8. Continuous swim. Backstroke - Breaststroke - 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 50m of Breaststroke & Front crawl showing efficient and Correct technique throughout
3. Swim 50m of Backcrawl and 25m Butterfly, Showing efficient and Correct technique throughout
4. Intro to butterfly turns covering a minimum 5m after each turn
5. Intro to Backcrawl turns covering 5m distance after the turn
6. Intro to Breaststroke turns Pull, Kick, Surface into stroke
7. Kick 100m on Front crawl & Backstroke showing efficient technique. (NO FINS)
8. Kick 50m Breaststroke & 25m Butterfly (Fins optional) Showing efficient technique
9. Continuous work on diving (competitive starts)
10. Attempt IM