

## Level 1

- Safe swivel entry
- Blow bubbles with face in water
- Swim 5m front and back using aids, equipment or support
- Perform star floats front and back
- Demonstrate an understanding of pool rules e.g. no running

## Level 2

- Safe swivel entry and exit
- Swim 10m front and back NO aids, equipment or support
- Fetch an object from the bottom of the pool
- Push and glide front and back
- Jump in from poolside safely

## Level 3

- Swim 10m Frontcrawl (breathing to the side) and Backstroke
- Swim 10m Breaststroke kick and Butterfly kick
- Tuck float for 5 seconds
- Sitting dive

## Swimming Lesson Levels

Please use this information to let us know what level your child has **already achieved** so that we can put them into the most appropriate group

## Level 4

- Swim 25m Frontcrawl (breathing to the side) and Backstroke
- Swim 12.5m Breaststroke and Butterfly kick
- Pencil Jump
- Sculling

## Level 5

- Swim 50m holding technique
- Tumble turn
- Standing dive
- Listen, understand and perform 12.5m drill progressions
- Tread water for 30 seconds

## Level 6

- Swim 100m holding technique
- Perform tumble turns against a wall
- Standing dive and streamline kick to 5m
- Listen, understand and perform 25m drill progressions
- Demonstrate an action for getting help

## Level 7

- Swim 150m holding technique including 50m kick
- Swim 25m butterfly
- Frontcrawl and Backstroke tumble turns
- Standing dive off the blocks