



LEVEL 1

Learning Outcomes

1. Enter water safely. Understand pool rules
2. Wash face with confidence
3. Blow bubbles, mouth in water, 6 times in a rhythmic pattern
4. Swim 5m front and back paddle regaining standing position each time (using swim aids)
5. Be pulled through the water in a streamlined prone position, chin on water and regain standing position (with swim aids)
6. Be pulled through the water in a supine position, ears in water and regain standing position (with swim aids)
7. Jump into water with help if required and return to wall and hold on
8. Using swim aids turn 360 degrees in an upright position with feet off the bottom of the pool
9. Star float on front (face need not be in water) and back with help
10. Climb out safely using steps



LEVEL 2

Learning Outcomes

1. Jump into water safely without assistance
2. Blow bubbles, face in water 6 times in a rhythmic pattern. Long blow, quick breath
3. Kick 5m alternating leg action with face in water eyes looking down, long legs, kicking from the hip with a slight bend at knee with swim aids
4. Kick 5m alternating leg action in supine position, kicking from hip with a slight bend at the knee, head still and eyes looking up
5. Swim 5m basic breaststroke leg action
6. Swim 5m front paddle face in water with taking one breath, without swim aids
7. Swim 5m backpaddle, no swim aids
8. Demonstrate a push and glide on front and back with swim aids
9. Star float front and back with help if required
10. Perform mushroom float for 5 seconds