



LEVEL 3

Learning Outcomes

1. Float in prone neutral position for 10 seconds, no swim aids. Float in supine position for 10 seconds
2. Introduce F/C breathing to side using swim aids
3. Kick 5m in prone neutral position , one breath taken to front
4. Kick 5m in supine position, head still, kicking from hip, toes pointed
5. Swim 5m F/C and B/C
6. Swim 5m breaststroke legs attempting feet in dorsiflexed position
7. 5m dolphin leg kick
8. Push and glide 3m front and back
9. Pick up sinky toys from pool bottom
10. Climb out without using steps



LEVEL 4

Learning Outcomes

1. Swim 10m front crawl attempting good breathing to side
2. Swim 10m back crawl, head still, good body position and kick based stroke
3. Kick 10m alternating leg action in prone position, arms in neutral position, breathing to front
4. Kick 10m alternating leg action in supine streamlined position
5. 5m breaststroke leg kick, feet in dorsiflexed position
6. Scull headfirst in supine position
7. Drop down push and glide front and back for 5m
8. Kick 5m on front roll 180 degrees and swim 5m on back and repeat back to front
9. Practice treading water
10. Attempt a forward roll