

SWIMMING LESSONS – LEVEL OF ACHIEVEMENT

Level 1

- Entering the water
- Face in water
- Blowing Bubbles
- Float five seconds
- Roll over
- Swim on front and back
- Eye open under water

Level 2

- Head under five seconds
- Bobbing 5 times eyes open
- Float to Glide
- Back Glide
- Recover Back to front
- Back Glide
- Back stroke 15 feet
- Swim side stroke 5 feet

Level 3

- Jump in/ sitting dive
- Retrieve object
- Bob 5 times
- Demonstrate rotary breathing 5 times
- Glide two body lengths
- Float 30 seconds
- Back Glide 2 kicks
- Back Float
- Change position
- Tread 30 seconds
- Front Crawl 15 yards
- Back Crawl 15 yards

Level 4

- Underwater 3 body lengths
- Float front 1 minute
- Back Float 1 minute
- Tread 1 minute
- 25 Back and 25 Crawl
- 15 fly/ breast stroke/ elementary/ scissors

Level 5

- Swim under water 15 yards
- 50 freestyle/Backstroke
- 25 Breast/ elementary/fly / side stroke
- Survival Swim 2 minutes