

In Term Swimming Program

Level 1 GLIDES

- Safe pool entry
- Face in water and exhale (blow bubbles)
- Face in water, open eyes & identify object
- In shallow water, hold kickboard correctly, put face in water and exhale while walking forwards
- In shallow water, fully submerge whilst blowing bubbles
- With kickboard, glide forward whilst exhaling and then recover to standing position
- With kickboard demonstrate correct kicking on front
- With kickboard demonstrate correct kicking on back
- Demonstrate confident entry, float on front and back with a kickboard



Level 2 TORPEDOES

- Safe pool entry
- Torpedo kick
- Torpedo kick with arms 5m
- Backstroke kicking on board. Correct start and recover to feet
- Scull and tread water in chest deep water
- Float on front and back for 30 seconds



Level 3 MARLINS

- Safe pool entry
- Single arm freestyle on board (with breathing)
- Backstroke with arms on kickboard 5m
- Breaststroke kick on back with board
- Demonstrate a forward sommersault
- Swim 10m to chest deep water, tread water and signal distress



Level 4 DOLPHINS

- Safe pool entry
- Freestyle on board with correct breathing 10 – 15m
- Backstroke on board 10m
- Breaststroke kick on board 5m
- Arm sculling head first on back, no kicking
- Recover an object from chest deep water
- Swim for 5m, scull in upright position, signal for assistance



Level 5 SHARKS

- Safe pool entry
- Swim 25m freestyle
- Survival backstroke kick on back with board
- Swim 15m survival backstroke
- Swim 15m backstroke with windmill arms
- Swim 15m breaststroke
- Demonstrate a surface dive and recover an object
- Step in entry, tread water 60 seconds and swim to side, safe pool exit



Level 6 100 BRONZE

- Safe pool entry
- Swim 100m freestyle
- Swim 25m backstroke
- Swim 25m breaststroke
- Swim 25m survival backstroke
- Introduction to dolphin kick
- Demonstrate a surface dive and recover an object
- Swim for 3 minutes survival stroke



Level 7 200 SILVER

- Safe pool entry
- Swim 100m freestyle with bilateral breathing
- Swim 50m backstroke
- Swim 50m breaststroke
- Swim 25m dolphin kick
- Demonstrate egg beater kick
- Step in entry and survival sculling



Level 8 200 SILVER/400 GOLD

- Safe pool entry
- Swim 200m freestyle with bilateral breathing
- Swim 50m backstroke
- Swim 50m breaststroke
- Swim 25m survival backstroke
- Swim 25m sidestroke
- Swim 25m dolphin kick (side and front)
- 2 minute survival scull, float and tread water
- Swim for 3 minutes using survival strokes, alternating



Level 9 400 GOLD

- Safe pool entry
- Swim 400m freestyle
- Demonstrate basic butterfly 15m
- Swim 100m backstroke
- Swim 100m breaststroke
- Swim 100m sidestroke
- Demonstrate a tumble turn
- Demonstrate defensive position and reach rescue



STATE SWIM SYSTEMS CERTIFICATE

This certificate signifies that:

Has successfully completed level _____ on the above program and has also successfully completed the tasks in the next level that have been ticked. When next enrolling in **In Term Swimming** please choose Level _____ or if enrolling at a **State Swim Swimming School** please enroll in _____ Class.

State Swim School

Supervisor

Date

Swimming should always be fun, but ensure that parental supervision is always present whenever children are in the water.

