



SWIMMING ACHIEVEMENT LEVELS



LEVEL 1
Participate happily
Splash water with my hands
Wash my face with hands
Do a humpty dumpty



LEVEL 2
Enter safely and eagerly from a sitting position
Relax in both front and back assisted position
Climb out of the pool with assistance
Move legs whilst being towed
Go to the deep water



LEVEL 3
Attempt intentional movement towards an object
Wet my hair
Am comfortable to have my face splashed wet
Blow bubbles
Enjoy games and eagerly join in
Attempt kicking



LEVEL 4
Walk through the water independently
Put my face in the water
Kick a short distance aided and assisted
Regain a standing position from a board
Blow bubbles whilst paddling and kicking
Jump from the edge to my teacher



LEVEL 5
Relax: front and back float with floatation aids and stand up with help
Roll over from front to back float using aids
Submerge in a sitting position and blow bubbles
Tread water for 10 seconds with floatation aids



LEVEL 6
Unaided back float (5 seconds) and stand up
Unaided front float (5 seconds) and stand up
Roll over front to back float unaided
Jump from edge and recover to a back float
Kick on my front and back aided (5m)
Glide on front & back
Torpedo (2m)



LEVEL 7
Kick on back with board (8m)
Swim unaided (3m)
Submerge and pick up an object from waist deep water
Slide Entry



LEVEL 8
A torpedo through a hoop
Kick on my front or back aided (10m)
Swim unaided (5m)
Freestyle arm action aided (5m)
Backstroke arm action aided (5m)
Tread water for 15 seconds
Back float for 15 seconds



LEVEL 9
5m Freestyle arm (unaided, no breathing)
Breathe & blow bubbles (learning head position)
8m Back kick (unaided)
4m Backstroke (unaided)



LEVEL 10
8m Freestyle (with breathing)
8m Backstroke
'Whip kick' aided
Tread water in deep water for 30 seconds
Back float for 30 seconds



LEVEL 11
8m Torpedo
10m Freestyle (with good breathing)
10m Backstroke
Correct 'Whip Kick' (back) action unaided



LEVEL 12
Scull on back
Swim 20m using 2 strokes
15m Freestyle (with good breathing)
15m Backstroke
Introduce aided breaststroke kick (flexed)
15m Survival Backstroke



LEVEL 13
20m Freestyle
20m Backstroke
20m Survival Backstroke
15m Basic Breaststroke kick (flexed)
Distance swim: 50m with 25m above and 25m underwater arm recovery



LEVEL 14
25m Freestyle
25m Backstroke
25m Survival Backstroke
10m Breaststroke (wings glide)
Demonstrate Butterfly kick
Distance swim: 75m (50m with above water arm recover, 25m with underwater arm recovery)



LEVEL 15
Swim 100 metres without stopping:
– 25m Freestyle
– 25m Backstroke
– 25m Breaststroke
– 25m Survival Backstroke
10m Sidestroke
Demonstrate Butterfly



LEVEL 16
Swim 200 metres without stopping:
– 50m Freestyle
– 50m Backstroke
– 50m Breaststroke
– 50m Survival Backstroke
20m Sidestroke
10m Butterfly
Efficient and correct technique used



LEVEL 17
Swim 300 metres without stopping:
– 100m Freestyle
– 50m Backstroke
– 50m Breaststroke
– 50m Survival Backstroke
– 50m Sidestroke
25m Butterfly
Efficient and correct technique used

**Confident kids who try harder,
progress faster and succeed
through enjoyment**

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