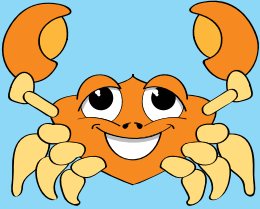

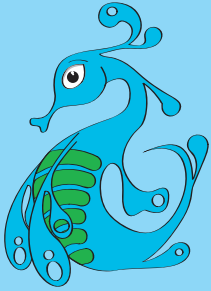
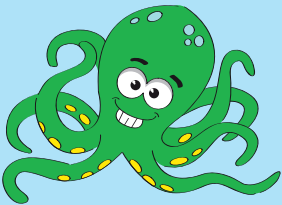
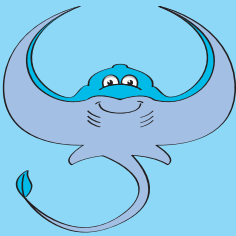
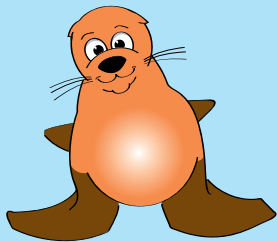


# Swim School Levels

	Skills	What we look for
 <p><b>Crab</b></p>	<ul style="list-style-type: none"> <li>• Safe entry and exit</li> <li>• Deep water jump to instructor</li> <li>• Front &amp; back assisted floats</li> <li>• Straight leg kicks while seated</li> <li>• Blow bubbles with face in water</li> <li>• Move through the water unassisted</li> </ul>	<p><b>Move through the water unassisted</b></p> <ul style="list-style-type: none"> <li>• Head submerged</li> <li>• Independence</li> <li>• Basic kicking action</li> <li>• Propulsion &amp; Recovery</li> </ul>
 <p><b>Clownfish</b></p>	<ul style="list-style-type: none"> <li>• Push off glide with torpedo arms</li> <li>• Deep water jump in, recover &amp; return</li> <li>• Front &amp; back float unassisted</li> <li>• Kicking on front - torpedo arms</li> <li>• Kicking on back - soldier arms</li> <li>• Straight arm freestyle</li> </ul>	<p><b>Kicking on back with soldier arms</b></p> <ul style="list-style-type: none"> <li>• High body position in water</li> <li>• Head in a neutral position, body control</li> <li>• Extended legs with flexible ankles</li> </ul> <p><b>Straight arm freestyle</b></p> <ul style="list-style-type: none"> <li>• High body position, head down (neutral)</li> <li>• Continuous, small kicking action, high in water</li> <li>• Straight, long arm pull action, with front arm extended high in the water</li> </ul>
 <p><b>Sea Dragon</b></p>	<ul style="list-style-type: none"> <li>• Deep water jump in, float, recover &amp; return</li> <li>• Somersault</li> <li>• Dolphin kick</li> <li>• 15m backstroke arms with style</li> <li>• Freestyle breathing</li> <li>• Swim 20m freestyle in deep water</li> </ul>	<p><b>15m backstroke arms with style</b></p> <ul style="list-style-type: none"> <li>• Body position &amp; kicking (as in Clownfish)</li> <li>• Straight arm recovery, leading with little finger</li> <li>• Hand enters water high, arm bends slightly to push water towards leg in a shallow underwater recovery.</li> </ul> <p><b>Swim 20m freestyle in deep water</b></p> <ul style="list-style-type: none"> <li>• Body position, arm &amp; kicking action (as in Clownfish) Demonstrate control &amp; co-ordination</li> <li>• During pull phase of arm action head rotates to side to inhale through mouth, head remains low in the water, in a horizontal position. Head is in neutral position by the end of arm recovery.</li> </ul>
 <p><b>Octopus</b></p>	<ul style="list-style-type: none"> <li>• Tumble turn &amp; push off in torpedo</li> <li>• Butterfly kick with breath</li> <li>• Breaststroke kick action</li> <li>• Survival backstroke</li> <li>• 25m backstroke</li> <li>• 25m freestyle with bilateral breathing</li> </ul>	<p><b>Breaststroke kick action</b></p> <ul style="list-style-type: none"> <li>• Knees bend lifting heels up, feet dorsi-flex into a V position, with toes pointed out &amp; up, feet push around to make a circle formation, glide &amp; repeat.</li> <li>• Increase in distance, maintaining style &amp; stroke (as in Sea Dragon)</li> </ul> <p><b>25m backstroke</b></p> <ul style="list-style-type: none"> <li>• Breathing required on both sides, while increasing the distance &amp; maintaining style (as in Sea Dragon)</li> </ul> <p><b>25m freestyle with bilateral breathing</b></p>
 <p><b>Sting Ray</b></p>	<ul style="list-style-type: none"> <li>• Squatting dive</li> <li>• Walking drill - butterfly arms</li> <li>• Tread water for 1 minute</li> <li>• 75m freestyle with bilateral breathing</li> <li>• 75m backstroke with style</li> <li>• 25m breaststroke with correct timing</li> </ul>	<p><b>75m freestyle and backstroke</b></p> <ul style="list-style-type: none"> <li>• Increase in distance, maintaining style &amp; stroke (as in Sea Dragon/Octopus)</li> </ul> <p><b>25m breaststroke with correct timing</b></p> <ul style="list-style-type: none"> <li>• Hands begin in an outward motion, then small inward circular motion creating head to lift for the breath, legs are lifted to begin the kick action as explained in Octopus, then arms extend into streamline. At the completion of the kick action, the glide is held for 3 seconds in a streamline position.</li> </ul>
 <p><b>Sea Lion</b></p>	<ul style="list-style-type: none"> <li>• Racing dive</li> <li>• Eggbeater kick for 1 minute</li> <li>• 200m freestyle</li> <li>• 200m backstroke</li> <li>• 100m breaststroke</li> <li>• 25m butterfly</li> <li>• Perform a throw rescue</li> </ul>	<p><b>200m freestyle and backstroke/ 100m breaststroke/ 25m butterfly</b></p> <ul style="list-style-type: none"> <li>• Increase in distance, endurance maintaining style &amp; stroke (as in Octopus/Sting Ray)</li> <li>• Butterfly Kick: Legs are moving together with an up &amp; down motion from hips.</li> <li>• With extended arms, hands enter the water above the head with a synchronised butterfly kick, hands push under the body back to legs, with another synchronised kick at the hand exit point, arms then recover together over the surface of the water. Breathing occurs during the under water phase of the stroke.</li> </ul>