

Learn to Swim School Age 'must see' skills

To be in a certain level or progress to the next level your child needs to be able to perform the skills from the level before **competently and consistently**.

Starfish

- ⇒ Front push and glide, face down blowing bubbles, to or from wall
- ⇒ Back push and glide, arms at sides, exhaling, from wall or platform
- ⇒ Travel two metres on front (with aids if required)
- ⇒ Travel two metres on back (with aids if required)
- ⇒ Show a front star float, face down blowing bubbles
- ⇒ Show a back star float with breathing

Jellyfish

- ⇒ Front push and glide in streamline approximately two metres (recover to standing)
- ⇒ Back push and glide in streamline approximately two metres (recover to standing)
- ⇒ Travel three metres on front without aids
- ⇒ Travel three metres on back without aids

Seahorse

- ⇒ Push and glide and kick on front with face in water two metres
- ⇒ Push and glide and kick on back, hands at sides, two metres
- ⇒ Swim three metres on front using freestyle propulsion (arm action)
- ⇒ Swim three metres on back using backstroke propulsion (arm action)

Seals

- ⇒ Swim five metres freestyle, attempting to breathe to side
- ⇒ Swim five metres basic backstroke action showing balance
- ⇒ Show basic breaststroke co-ordination
- ⇒ Tread water using breaststroke or bicycle kick and sculling arms

Marlin

- ⇒ Show balance in at least three different floating positions
- ⇒ Swim eight metres freestyle with streamlined/balanced action breathing to side
- ⇒ Swim eight metres backstroke with streamlined/balanced action and rhythmic breathing
- ⇒ Swim five metres breaststroke with effective kick and arm action in front of shoulders

Sharks

- ⇒ Swim fifteen metres freestyle with a balanced, rolling action and rhythmic breathing
- ⇒ Swim fifteen metres backstroke with a balanced, rolling action and rhythmic breathing
- ⇒ Swim ten metres breaststroke with a dolphin body action and a streamline
- ⇒ Swim twenty five metres using own choice stroke maintaining good technique

Dolphins

- ⇒ Swim twenty five metres freestyle with rolling, streamlined action, breathing and efficient arm technique
- ⇒ Swim twenty five metres backstroke with rolling, streamlined action and efficient arm technique
- ⇒ Swim twenty five metres breaststroke with dolphin action, whip kick and sculling arm action
- ⇒ Swim 200 metres Swim for Life challenge

Swordfish (for older children who are beginners)

- ⇒ Front & Back streamlined, balanced glide. Exhaling. Controlled recovery
- ⇒ Streamlined Freestyle action. Rolling to breathe to side ten metres
- ⇒ Streamlined, rolling Backstroke action, showing balance ten metres
- ⇒ Co-ordinated, simultaneous Breaststroke action, creating propulsion ten metres
- ⇒ Float in HELP position two minutes. Tread water in relaxed manner two minutes

Kingfish (for older children who are improvers)

- ⇒ Swim twenty five metres freestyle with rolling, streamlined action, breathing and efficient arm technique
- ⇒ Swim twenty five metres backstroke with rolling, streamlined action and efficient arm technique
- ⇒ Swim twenty five metres breaststroke with dolphin action, whip kick and sculling arm action
- ⇒ Swim 200 metres Swim for Life challenge

We teach the fundamentals of balance, streamlining and core body use at every level.

Each level of our programme is developmental from the level before and has ten areas of skill that encompass the building of strokes, water safety and diving.

Of these ten skill areas, four or five are classed as 'must see' skills, they are the measure we use to assess for progression. These are shown on these pages.

It is vital that these core skills are performed competently and consistently as they are the building blocks for the next progressive level and of excellence in technique.

We believe in "Technique before Effort" so speed is not a prerequisite. Enthusiasm is!