



St Mary's
ANGELICAN GIRLS' SCHOOL

Swim School Levels

Level 1

- Safely Enter the water
- Exhale in the water
- Open eyes underwater
- Submerge
- Float on front
- Forward Glide
- Float or glide backwards

Level 2

- Glide forward and kick
- Glide backward and kick
- Freestyle 5m
- Submerge and recover an object waist deep
- Scull standing near surface
- Glide forward and kick

Level 3

- Freestyle 10m
- Glide backward, kick 5m
- Backstroke 5m
- Breaststroke kick 5m on front or back
- Scull on back headfirst
- Forward roll or invert and recover
- Extension - Dolphin kick

Level 4

- Freestyle 15m
- Backstroke 10m
- Breaststroke arm action and legs 10m
- Dolphin kick 5m
- Scull on front, arms extended
- Forward roll
- Extension - sitting dives

Level 5

- Freestyle 25m
- Backstroke 25m
- Breaststroke 25m
- Dolphin kick 10m
- Scull about the axis in a tucked body position
- Forward roll
- Sitting dives unassisted

Level 6

- Freestyle 50m
- Backstroke 50m
- Breaststroke 50m
- Dolphin kick 15m
- Butterfly 5m, no breathing
- Forward roll, push off on back with arms above head
- Demonstrate a dive

Level 7

- Freestyle 100m
- Backstroke 100m
- Breaststroke correct timing 50m
- Butterfly 10m
- Scull on front arms by side
- Tumble turns
- Demonstrate a dive with the correct body position

Level 8

- Freestyle 150m
- Backstroke 150m
- Breaststroke 150m
- Butterfly 15m
- Extension - Butterfly 25m with fins
- Scull body vertical
- Dives - Race starts
- Turn all strokes

Level 9

- Freestyle 100m - Timed assessment
- Backstroke 100m - Timed assessment
- Breaststroke 100m - Timed assessment
- Butterfly 25m
- Individual Medley 100m
- Underwater pull-outs
- Dives - race starts
- Individual Medley turns

