



### **Level one – Non-swimmer**

Basic water skills and water confidence are introduced with the use of aids such as armbands, floats woggles and water toys. Safe entry into the water, basic floating travel front and back. Travel up to 5 metres on their front or back assessed without the use of aids. Swimmers will progress through this level at their own individual learning ability. Badge distances 5-10m.

### **Level two – beginner**

Introduction of correct stroke techniques, introduction of mushroom floats, floating on back, star floats and development of movement in water. Introduction of control of breathing in water. Complete 10-metre distance.

### **Level three**

The lessons now become one hour as the swimmers progress into the deeper water of the main pool. Swimmers now develop push and glide, continue to build stroke technique with and without the use of artificial aids, with a special note to regaining the standing position within deeper water. Focus is given to proportion and streamlining with further development of breathing control. Badge distances 25-50m.

### **Level four**

On top of further development of skills and water confidence treading water is introduced as a necessary part to swimming in lanes and for personnel safety. Further development of sculling techniques and swimming under water are an important part of this level. Early butterfly skills are now introduced. The introduction of sitting dives as a form of entry is introduced alongside jumping in safely. Badge distances 100-200m.

### **Level five**

We reaffirm the techniques of previous levels and further develop the pull and kick of the 3 main strokes. Controlled breathing patterns are now established over a distance of up to 25 metres. Crouch dives and standing dives are introduced alongside the other established skills. Sculling now becomes an essential safe practice as correct diving is introduced. Butterfly skills should now be maintained over a minimum distance of 5 metres. Badges 200m+.



### **Level six**

The swimmers progress onto the lanes where stamina and further stroke techniques are improved the introduction of tumble turns and correct turns for all four strokes are developed along with diving. At this point basic aerobic swimming and speed swimming are integrated into the programme with a strong emphasis on personnel and other swimmers safety at all times. Badges 800m+.

### **Level seven**

Further development of aerobic swimming and speed to enable the swimmers fluid transition into the competitive squads, the use of fins, floats, and pull buoys is introduced along with introducing competitive starts and finishes. The introduction of swimmers first experience at club competition level. Distance 1500-2000m.

Sculling techniques are introduced from the very beginning and continued throughout learn to swim and into the competitive squads.

During all the stages of development the swimmers are given the opportunity to complete distance and water skills awards.