



Preschool

Beginner Class for ages 3-4 to develop water confidence and foundation ability

1. Enter and exit the pool safely
2. Blow bubbles with head fully submerged
3. Swim 5 meters forwards with correct flutter kick action unaided
4. Swim 5 meters backwards with correct flutter kick action unaided
5. Correctly demonstrate an unaided floating position lying forwards
6. Correctly demonstrate an unaided floating position lying backwards
7. Demonstrate three safe entries into the swimming pool
8. Jump in independently
9. Correctly explain 3 pool rules
10. Aged over 4 years old

Stage 1

Beginner Class for ages 5-14 to learn pool safety and foundational swimming ability and skills

1. Enter and exit the pool safely
2. Blow bubbles with head fully submerged
3. Swim 5 meters forwards with correct flutter kick action unaided
4. Swim 5 meters backwards with correct flutter kick action unaided
5. Correctly demonstrate an unaided floating position lying forwards and return to standing position
6. Correctly demonstrate an unaided floating position lying backwards and return to standing position
7. Perform a streamline push and glide forwards independently
8. Perform a streamline push and glide backwards independently
9. Demonstrate three safe entries into the swimming pool
10. Jump in independently
11. Correctly Explain 3 pool rules



Stage 2

Perform independent short distance swimming with correct technique and key aquatic skills

1. Completed all listed criteria from previous stage
2. Swim 10 meters forwards with correct front crawl arms with correct flutter kick action
3. Swim 10 meters with correct backstroke arms with correct flutter kick action
4. Demonstrate correct log roll technique from downwards-facing to upwards-facing
5. Demonstrate correct log roll technique from upwards-facing to downwards-facing
6. Perform a streamline push and glide forwards then swim 10 meters
7. Perform a streamline push and glide backwards then swim 10 meters
8. Demonstrate a Pencil, Star and Mushroom floating techniques unaided forwards and backwards and return to standing position
9. Jump independently into the pool unaided at a depth of 1.2 meters
10. Submerge and collect sinkers at a depth of 1 meter
11. Correctly explain 3 pool rules
12. Exit pool safely

Stage 3

Perform independent intermediate distance swimming and introduce new stroke techniques

1. Completed all listed criteria from previous stage
2. Swim 15 meters front crawl performing bilateral breathing with correct flutter kick action
3. Swim 15 meters backstroke with correct flutter kick action
4. Perform 5 rhythmic dolphin kicks
5. Perform introductory breaststroke kick over a distance of 5 meters
6. Log roll and perform continuous swimming 10 meters
7. Swim 5 meters then perform a tuck and rotate
8. Submerge and collect sinkers at a depth of 1.2 meters
9. Jump into the pool at a depth of 1.6 meters
10. Perform a minimum sequence of 2 floating shapes
11. Tread water for 5 seconds
12. Correctly answer 3 water safety questions
13. Exit the water without using the stairs



Stage 4

Perform independent intermediate distance swimming and develop new stroke techniques

1. Completed all listed criteria in previous stage
2. Swim 20 meters performing bilateral breathing
2. Swim 20 meters backstroke
3. Swim 20 meters performing correct breaststroke kick action
4. Swim 20 meters performing correct rhythmic dolphin kick
5. Swim 15 meters butterfly
6. Swim 10 meters performing dolphin kick on back
7. Perform an introductory forward roll
8. Tread water for 10 seconds
9. Perform a floating sequence using 3 different floating techniques
10. Perform a sitting dive
11. Jump into the pool at a depth of 2.3 meters
12. Perform introductory handstand at shallow depth
13. Correctly answer 3 water safety questions

Stage 5

Perform a range of stroke techniques over a long distance and develop further aquatic skills

1. Completed all listed criteria from previous stage
2. Swim 30 meters front crawl performing bilateral breathing
3. Swim 30 meters backstroke performing correct breaststroke arm action
4. Swim 30 meters breaststroke performing correct breaststroke timing technique
5. Swim 30 meters breaststroke performing correct breaststroke glide technique
6. Swim 20 meters butterfly performing rhythmic timing
7. Swim 30 meters performing streamline kicking on back
8. Perform correct handstand technique at a shallow depth
9. Perform introductory standing dive at the deep end
10. Perform introductory sculling hand action
11. Perform introductory tumble turn
12. Perform a surface dive in the deep end



13. Perform 3 different jump shapes in the deep end of the pool
14. Tread water for 30 seconds
15. Correctly answer 5 water safety questions

Stage 6

Perform a range of stroke techniques over multiple lengths and develop key aquatic skills

1. Completed all listed criteria from previous stage
2. Swim 2 lengths continuous front crawl performing bilateral breathing
3. Swim 2 lengths continuous backstroke
4. Swim 2 lengths continuous breaststroke performing correct timing
5. Swim 50m continuous butterfly performing correct rhythmic timing
6. Perform introductory dolphin kick on back 10 meters
7. Perform a tumble turn from front-facing to back-facing
8. Perform a tumble turn from back-facing to front-facing
9. Perform a touch turn
10. Perform a race dive
11. Tread water for 1 minute
12. Perform correct sculling hand actions
13. Answer 5 water safety questions
14. Swim 30 meters fully clothed
15. Perform a shout and rescue

Stage 7

Refine strokes and technique to prepare for club level swimming

1. Completed all listed criteria from previous stage
2. Swim 4 lengths continuous front crawl performing bilateral breathing
3. Swim 4 lengths backstroke
4. Swim 4 lengths continuous breaststroke
5. Swim 100 meters continuous butterfly
6. Perform an individual medley
7. Correctly perform a touch turn between lengths



8. Dive in and perform correct underwater phase for front crawl
9. Perform backstroke correct underwater phase
10. Dive in and perform correct breaststroke underwater phase
11. Perform a movement sequence (linking skills with strokes and sculls) of minute duration, including a number of the following skills:
 - Sculling: head first, feet first
 - Rotation: forward or backwards somersault, log roll
 - Floating: star on the front or on the back, tuck float, pencil float on the front or on the back
 - Eggbeater: moving, lifting one or both arms out the water
12. Tread water for 2 minutes

Precomp

Help develop swimming stamina, stroke techniques and prepare for aquatic competitive swimming

1. Push and glide into breaststroke for 150 meters
2. Push and glide into front crawl for 300 meters
3. Push and glide into backstroke for 150 meters
4. Push and glide into butterfly for 150 meters
5. Maintain a speed of 110m per 2 minutes
6. Perform a correct dolphin kick for a minimum of 1 length (no arms)
7. Perform 1200 meters continuously using all 4 strokes set out within the criteria, using a tumble turn transition between each length





Adult Beginners

Help Adult beginners gain water confidence and core aquatic skills

1. Perform 30 meters front crawl with bilateral breathing
2. Perform 30 meters breaststroke
3. Perform a push and glide start in both shallow and deep end
4. Swim 30 meters with correct breaststroke kick technique
5. Rotate from front crawl to backstroke and swim 20 meters
6. Rotate from backstroke to front crawl and swim 20 meters
7. Jump in at a depth of 2.3 meters and swim 5 meters
8. Jump in at a depth of 2.3 meters and float for 20 seconds
9. Perform a sit and dive entry in the deep end.

Adult Improvers

To focus on refining technique, building endurance, and enhancing overall swimming ability

1. Completed all listed criteria from previous stage
2. Swim 120 meters front crawl
3. Swim 120 Meters Back stroke
4. Swim 120 meters Breast stroke
5. Swim 30 meters Butterfly
6. Perform a Dive entry
7. Perform a tumble turn
8. Perform a jump in entry at deepest part of the pool and the return to the wall
9. Demonstrate correct log roll technique from downwards-facing to upwards-facing
10. Demonstrate correct log roll technique from upwards-facing to downwards-facing
11. Perform a log roll back to front and swim for 30 meters
12. Tread water for 1 minute
13. Perform a streamline push and glide forwards then swim 30 meters on back
14. Maintain three floating shape techniques for a combined 1 minute