



Programme Content

Level 1 Water Confidence

- 1.1 Get into and out of the pool safely
- 1.2 Move through water up to chest depth
- 1.3 Blow bubbles in the pool
- 1.4 Go under the water completely and pick-up objects from under the water
- 1.5 Assisted front float
- 1.6 Assisted back float
- 1.7 Listens to and follows instructions in the pool

Level 2 Floating

- 2.1 Get into and out of the pool safely
- 2.2 Supported float on front and return to standing
- 2.3 Supported float on back and return to standing
- 2.4 Streamlined glide on front with support
- 2.5 Streamlined glide on back with support
- 2.6 Kick to create forward propulsion with support
- 2.7 Introduction to sculling
- 2.8 Introduction to Freestyle and Backstroke arm action while standing
- 2.9 Float with improvised flotation device and signal for help

Level 3 Floating and Propulsion

- 3.1 Get into and out of the pool safely
- 3.2 Unsupported float and streamlined glide on front and back, with ears in the water and body at the surface
- 3.3 Streamlined glide and leg action on front and back with or without support
- 3.4 Signature floats
- 3.5 Demonstrate Freestyle breathing position while standing
- 3.6 Independent roll from back to front
- 3.7 Sculling for support
- 3.8 Signal for help and receive help

Level 4 Kicking on Front and Back with Breathing

- 4.1 Dolphin body action
- 4.2 Push off the wall on front
- 4.3 Freestyle kicking on side in breathing position assisted
- 4.4 Controlled roll from front to back and back to front while kicking
- 4.5 6 Controlled FR arm strokes with core body rotation and continuous kick
- 4.6 6 Controlled BK arm strokes with core body rotation and continuous kick
- 4.7 Breaststroke kick on both front and back, assisted
- 4.8 Ball float with 'Rock and Roll'
- 4.9 Rigid aid reach rescue
- 4.10 1 minute unsupported in water while sculling

Level 5 Stroking and Breathing to 10m

- 5.1 ¼ turn entry
- 5.2 Freestyle kick on side with support
- 5.3 Submerge, push off on front with both feet on the wall in streamline position
- 5.4 Assisted forward roll
- 5.5 Freestyle with 3-5 breathing cycles
- 5.6 10m Backstroke with core body rotation
- 5.7 Basic Breaststroke leg action with or without assistance
- 5.8 2 minutes unsupported including at least one change of direction
- 5.9 Individual survival initiatives and signal for help (sculling for support)

Level 6 Improvers to 14m

- 6.1 Controlled sink
- 6.2 Submerge, push-off with both feet on the wall and 'Balance Up'
- 6.3 Forward roll and Backward roll unassisted
- 6.4 14m Freestyle
- 6.5 14m Backstroke
- 6.6 Breaststroke arm action with or without support
- 6.7 Breaststroke leg action on front and back with or without support
- 6.8 1 Butterfly stroke
- 6.9 3 minutes unsupported in water wearing shorts and t-shirt
- 6.10 Non-rigid aid rescue

Level 7 Stroke Control and Personal Survival

- 7.1 Basic tumble turn
- 7.2 Submerge and push off the pool wall on left and right sides
- 7.3 28m Freestyle
- 7.4 28m Backstroke
- 7.5 28m Breaststroke
- 7.6 3 Butterfly strokes
- 7.8 Wearing clothes demonstrate the 'H.E.L.P.' and 'Huddle' positions with improvised floatation aids and signal for help

Level 8 Stroke technique to 50m

- 8.1 Turns for freestyle, backstroke and breaststroke
- 8.2 Dolphin kick on left and right sides
- 8.3 50m Freestyle
- 8.4 50m Backstroke
- 8.5 50m Breaststroke
- 8.6 14m Butterfly
- 8.7 5 Minutes Unsupported in Water wearing long sleeve shirt and trousers