

# Awards Criteria Levels 1-8 Child Learn to Swim Programme

## Learn to Swim Level 1

- Understanding of basic pool rules
  - Walking in water with water at shoulder level
  - Enter and exit pool safely with assistance
  - Float on front and back with an aid and assistance
  - Get face wet without submerging
  - Blowing bubbles
  - Regain feet from a floating position with an aid and assistance
  - Kick on front and back with aid
- (Should take minimum 1-2 terms to pass)

## Learn to Swim Level 2

- Understanding of basic pool rules
  - Pick up objects from the bottom of the pool in shallow water
  - Enter and exit pool safely without assistance
  - Using a board/aid, float on back unassisted
  - Bob up and down repeatedly, submerging body
- And blow bubbles through nose and mouth
- Roll 180 degrees from front to back then regain feet
  - Kick on front with aid unassisted
  - Kick on back with aid unassisted
- (Should take minimum 1-2 terms to pass)

## Learn to Swim Level 3

- Perform a surface dive
- Safe pool entry from a standing and sitting position
- Demonstrate a floating position on front and back for 10sec
- Push off wall and glide on front and back then regain feet
- Demonstrate rotary breathing – show head turning to the side to breathe
- Rotate 360 degrees without touching the pool floor
- Demonstrate a freestyle arm action with a board for 5m
- Demonstrate a backstroke arm action with a board for 5m

(Should take minimum 1-2 terms to pass)

## Learn to Swim Level 4

- Using an aid, tread water using a cycle kicking action
- And a breaststroke type leg action for 20sec
- Demonstrate a handstand from the bottom of the pool
  - Demonstrate a sitting dive and glide
  - From a floating position, swim through submerged hoop
  - Push and glide on front and back holding glide for 2m
  - Swim 5m freestyle breathing to the side
  - Swim 5m backstroke tummy up
  - Swim 5m Froggy arms
  - Kick on front and back with board for 10m
- (Should take minimum 2-3 terms to pass)

### Learn to Swim Level 5

- Demonstrate a forward somersault from a standing position
- Demonstrate a kneeling dive
- Demonstrate 3 different floating positions
- Demonstrate a good push off from the wall on front and back in a streamlined position
- Demonstrate understanding of bi-lateral breathing
- Swim 10m freestyle breathing to the side
- Swim 10m backstroke keeping head still
- Swim 10m on front showing breaststroke type actions
- Kick on front and back for 15m with no support

(Should take minimum 2-3 terms to pass)

### Learn to Swim Level 6

- Tread water for 30secs keeping the head clear of the water  
And then swim 15 metres
- Surface dive and retrieve an object from the pool floor in deep water
- Demonstrate a kneeling dive and swim out
- Demonstrate a good push off with streamlining, on front and back  
From good starting position
- Using a pull buoy, scull 10m on front in a forward direction
- Swim 2 x 15m freestyle showing good technique and breathing  
Without stopping
- Swim 2 x 15m backstroke showing good technique without stopping
- Using a kickboard, kick 2 x 15m breaststroke
- Kick 10m arms by side using a butterfly style undulating action
- Swim 4 x 10m each of freestyle and backstroke without stopping

(Should take minimum 2-3 terms to pass)

### Learn to Swim Level 7

- Demonstrate life jacket use/survival position ie H.E.L.P or huddle
- Demonstrate a front somersault from floating position
- Demonstrate a crouching dive
- Using a pull buoy, scull 15m on front head first and feet first
- Swim 25m freestyle with good technique
- Swim 25m backstroke with good technique
- Swim 15m breaststroke with correct timing
- Attempt butterfly arms and legs together for 5m
- Tread water attempting eggbeater kick for 45secs then swim 25m
- Swim 50m using 2 different strokes holding good technique,  
Attempting turns without stopping

(Should take minimum 2-3 terms to pass)

### Learn to Swim Level 8

- Demonstrate a standing dive into deep water
- Demonstrate a good push, glide and streamline on front and back;  
Hold and kick under water for 5m
- Using a pull buoy, scull 15m on front and back head first and feet first
- Swim 50m freestyle demonstrating good rhythm and breathing
- Swim 50m backstroke demonstrating good rhythm and breathing
- Swim 25m breaststroke attempting pull out and regular breathing
- Swim 10m using a butterfly action
- Using a kickboard, kick 4 x 25m freestyle and backstroke
- Pull 25m freestyle using a pull buoy
- Swim 100m using 2 different strokes holding good technique  
And turns without stopping

(Should take minimum 2-3 terms to pass)