

### Level 1 - Parent and Baby

#### Singing Starfish

Safe entry into the pool with parent  
Happy to be held in the water  
Happy to be glided through the water  
Assisted float on back  
Assisted kicking  
Assisted paddle  
Reach for pool floats or the side of the pool  
Allows water to be sprinkled over head  
Assisted fall from side of pool, turn around to wall  
Assisted attempts to blow bubbles  
Submerging turned to parent  
[Pulling self up onto parent's shirt from submersion](#)  
Submerging turned to pool side and reach for wall  
Assisted monkey crawl holding side of pool  
Safe exit from pool with parent

### Level 4 - Basic Bouyancy and Movements

#### Seahorse

Float on front and regain feet in shallow  
Float on back and regain feet in shallow  
Blow bubbles from nose and mouth  
[Paddle unassisted to side of pool from distance of 2 metres](#)  
Fully submerge reaching for object under water  
Perform pop up breathing when kicking with kickboard  
Assisted kick on back with kickboard  
Jump into water, turn around and swim to side  
Understand dangers of jumping near stairs or too close to side

### Level 2 - Parent/ Instructor and Toddler

#### Goldfish

Safe entry into the pool area  
Assisted slide entry into pool  
Confidence and familiarisation in water  
Stand on stairs or in shallow water unassisted  
Attempts to blow bubbles  
Submerging face  
Assisted back float  
[Paddling action on noodle with assistance](#)  
Kicking legs  
Assisted jump into water and return to side  
Reaching and holding onto wall by self  
Climbing out of pool independently at the stairs  
Understanding of where the stairs are  
Awareness of not going in the pool area without parent  
Monkey crawl to stairs by self  
Assisted climb out at side of pool  
Float on board or noodle

### Level 5 - Independent Swimmer

#### Clown Fish

Push and glide from side in a torpedo with and without goggles  
Blow bubbles from nose and mouth whilst swimming  
[Swim with face in for 5 metres](#)  
Perform basic freestyle arms  
Back float unassisted for 10 seconds  
Kicking on back with kickboard  
Perform basic backstroke arms with assistance  
Perform an assisted crouch dive  
Tread water keeping head above water in deep for 10 seconds  
Perform body rotations rolling from front to back  
Retrieve divestick from shallow end of pool

### Level 3 - Into the Swim

#### Turtles

Safe slide entry into the pool  
Confident in water without parent  
Able to listen and follow basic instructions  
Happily blows bubbles with face in the water  
Happily submerges in water  
[Paddle independently with noodle or back float](#)  
Kick with kickboard or noodle independently  
Assisted back float  
Jump to instructor, assisted paddle back to wall  
Reaching for objects under the water  
Assisted kick on back  
Safe exit from pool area and close gate

### level 6 - Towards Strokes

#### Freestyle Frogs

Kick in streamline torpedo for 5 metres  
[Perform basic freestyle action for 10m with and without goggles](#)  
Unassisted kick on back  
Perform basic backstroke action for 7m  
Establish bilateral breathing pattern with kickboard  
Jump in deep end and tread water for 30 seconds  
Understand and perform the sculling hand action  
Retrieve divestick from deep end of pool  
Perform a basic dive  
With a partner pass a rigid aid and pull partner to the side  
Be able to recognise and talk about potential hazards in various water situations