

Jellyfish Level 1

School aged groups 5+



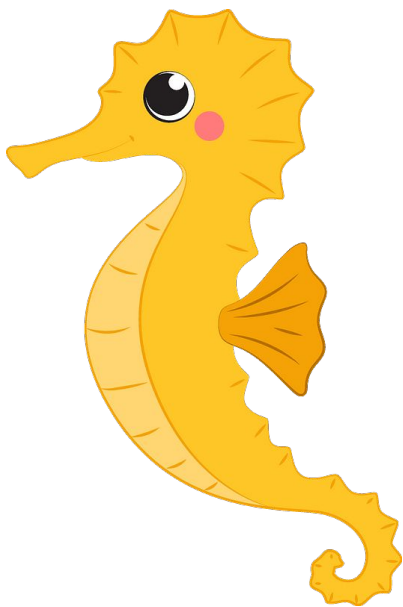
Achievement Objectives:

- Safe Entry and exit
- Total Submersion
- Assisted Front Float
- Assisted Back Float
- Concept of Freestyle Kick

Seahorses

Level 2

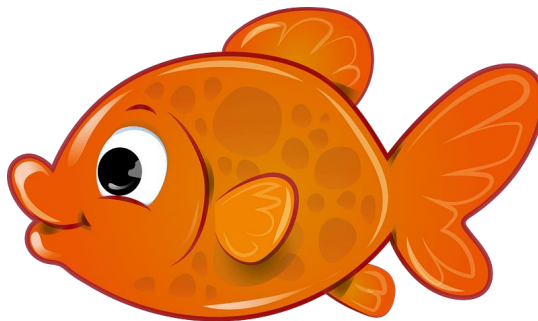
School aged groups 5+



Achievement Objectives:

- Front Float (unaided) 5 seconds
- Back Float (unaided) 5 seconds
- Concept of Freestyle (arms and legs)
- Streamline Freestyle kick 4-6m
- Streamline Backstroke kick 4-6m

Fish Level 3

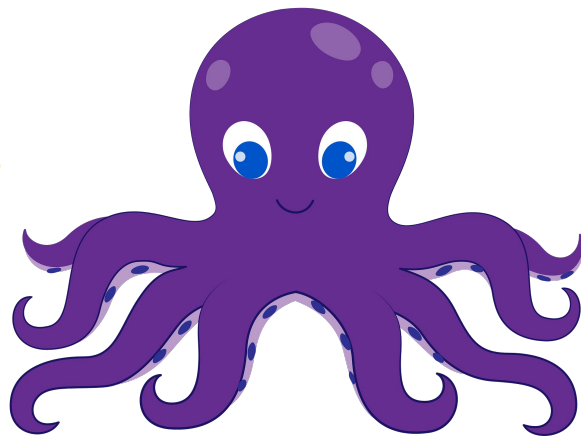


School aged groups 5+

Achievement Objectives:

- Freestyle 6-8 arm strokes (with Kick)
- Backstroke with basic technique
- Push & Glide pick up an object to 1m
- Deep water entry & return unaided
- Horizontal Rotation

Octopus Level 4

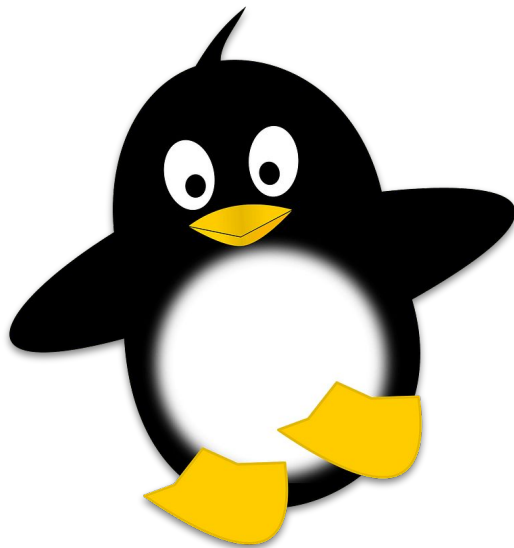


School aged groups 5+

Achievement Objectives:

- Freestyle breathing right side only 10m
- Backstroke 6-8 m correct technique
- Concept of Breaststroke kick
- Sculling Head first
- Push and glide into a forward roll

Penguins Level 5

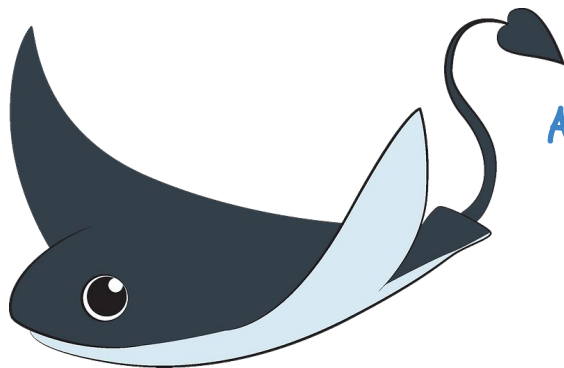


Achievement Objectives:

- Freestyle Bi-lateral breathing 12-16m
- Backstroke 12-16m
- Dolphin kick 6-8m
- Sculling feet first
- Breaststroke kick on back

School aged groups 5+

Stingrays Level 6



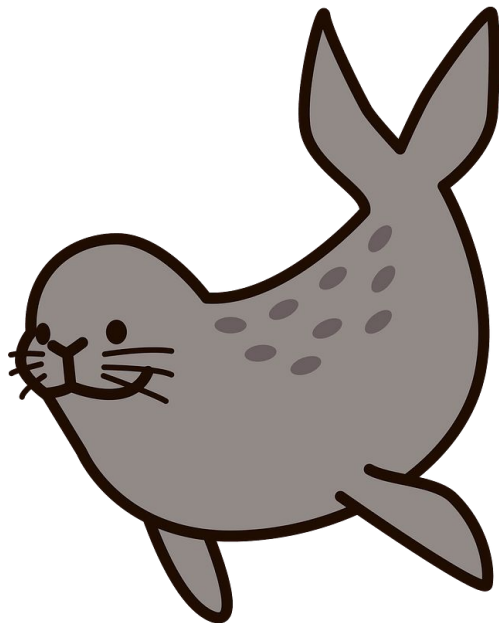
Achievement Objectives:

- Freestyle correct technique
25m
- Backstroke correct technique
25m
- Breaststroke correct technique
16m
- Concept of Butterfly
- Survival Backstroke

School aged groups 5+

Seals Level 7

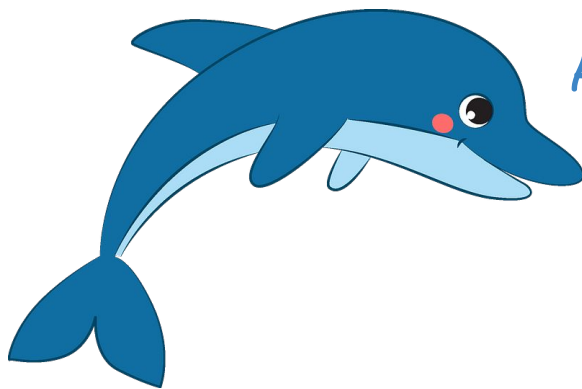
School aged groups 5+



Achievement Objectives:

- Freestyle correct technique
75m
- Backstroke correct technique
50m
- Breaststroke correct technique
50m
- Butterfly basic technique
10-15m
- Freestyle tumble turns

Dolphins Level 8

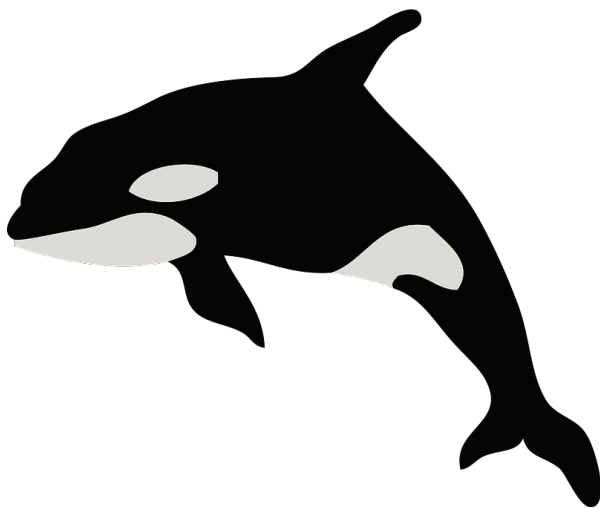


Achievement Objectives:

- Freestyle correct technique
200m
- Backstroke correct technique
200m
- Breaststroke correct technique
100m
- Butterfly 25m
- Sidestroke

School aged groups 5+

Orcas Level 9



School aged groups 5+

Achievement Objectives:

- Freestyle correct technique
400m
- Backstroke correct technique
300m
- Breaststroke correct technique
200m
- 4x 25m IM
- Treading water 5 min