

SWIMMING SYLLABUS

BRONZE LEVEL

SILVER LEVEL

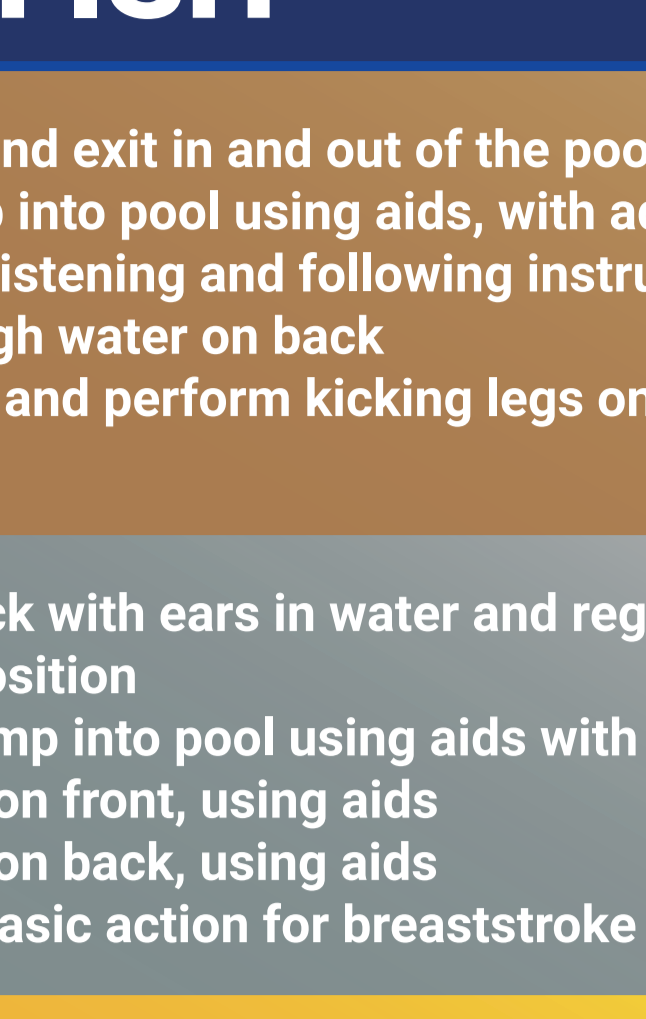
GOLD LEVEL



DESIRABLE POINT



CORE POINT

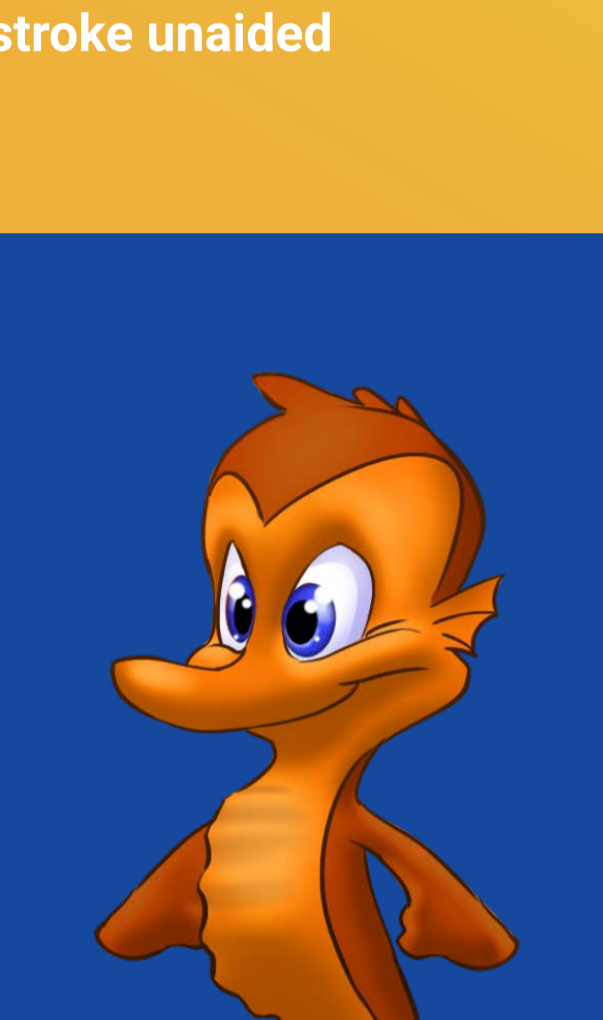


STARFISH

- ♡ Safe entry and exit in and out of the pool
- ♡ Sitting jump into pool using aids, with adult support
- ♡ Capable of listening and following instructions
- ♡ Move through water on back
- ♡ Hold a float and perform kicking legs on front

- ♡ Float on back with ears in water and regain a vertical position
- ♡ Standing jump into pool using aids with adult support
- ♡ 5m kicking on front, using aids
- ♡ 5m kicking on back, using aids
- ♡ Perform a basic action for breaststroke

- ♡ Blowing bubbles with face submerged
- ♡ Standing jump using aids with no adult support
- ♡ Perform correct breaststroke technique, using aids

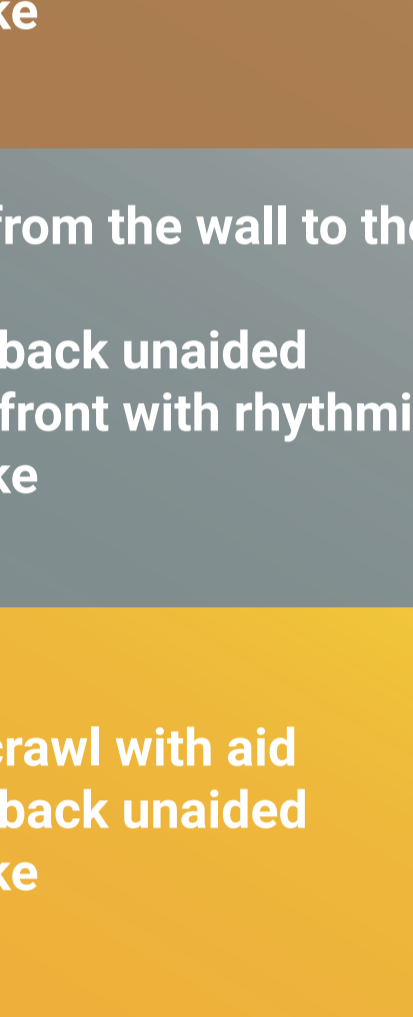


CLOWNFISH

- ♡ Standing jump into pool, using smaller aids with no adult support
- ♡ Front push and glide using aids
- ♡ Back push and glide using aids
- ♡ 5m breaststroke unaided
- ♡ Kick 5m on back with smaller aids, no adult support

- ♡ Front star float unaided for 5 seconds
- ♡ Back star float unaided for 5 seconds
- ♡ Kicking on back unaided
- ♡ Front push off and glide
- ♡ Back push off and glide
- ♡ 10m breaststroke unaided

- ♡ Mushroom float for 5 seconds
- ♡ Tread water for 5 seconds
- ♡ 5m kicking on back unaided
- ♡ 15m breaststroke unaided

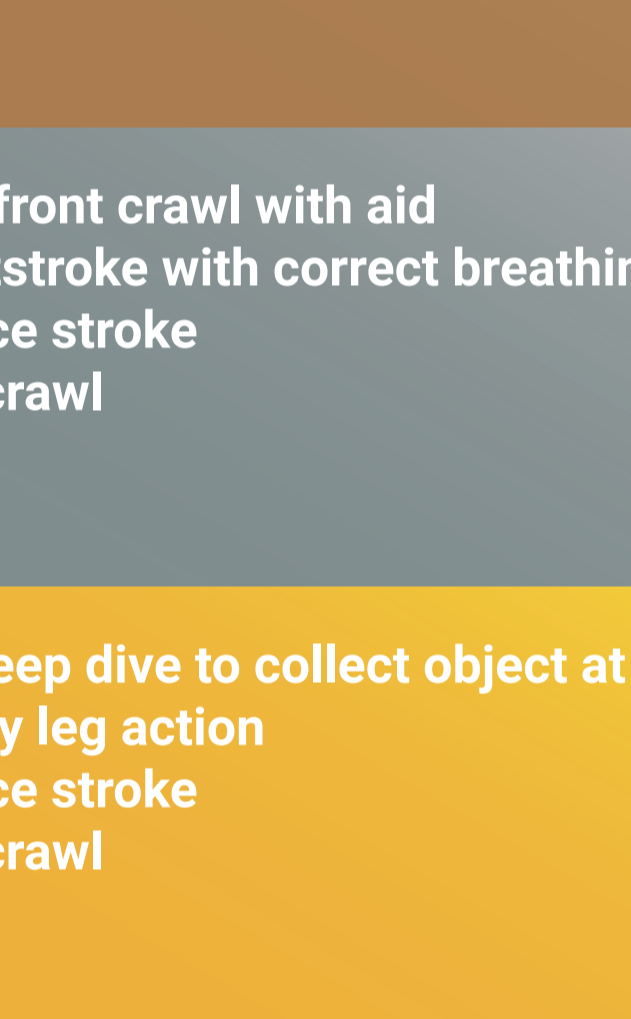


SEAHORSE

- ♡ Pencil jump into pool
- ♡ Sitting dive
- ♡ 10m kicking on back unaided
- ♡ 10m kicking on front with aquatic breathing
- ♡ 20m breaststroke

- ♡ Push and glide from the wall to the pool floor
- ♡ Kneeling dive
- ♡ 15m kicking on back unaided
- ♡ 15m kicking on front with rhythmic aquatic breathing
- ♡ 30m breaststroke

- ♡ Standing dive
- ♡ 5m basic front crawl with aid
- ♡ 20m kicking on back unaided
- ♡ 40m breaststroke

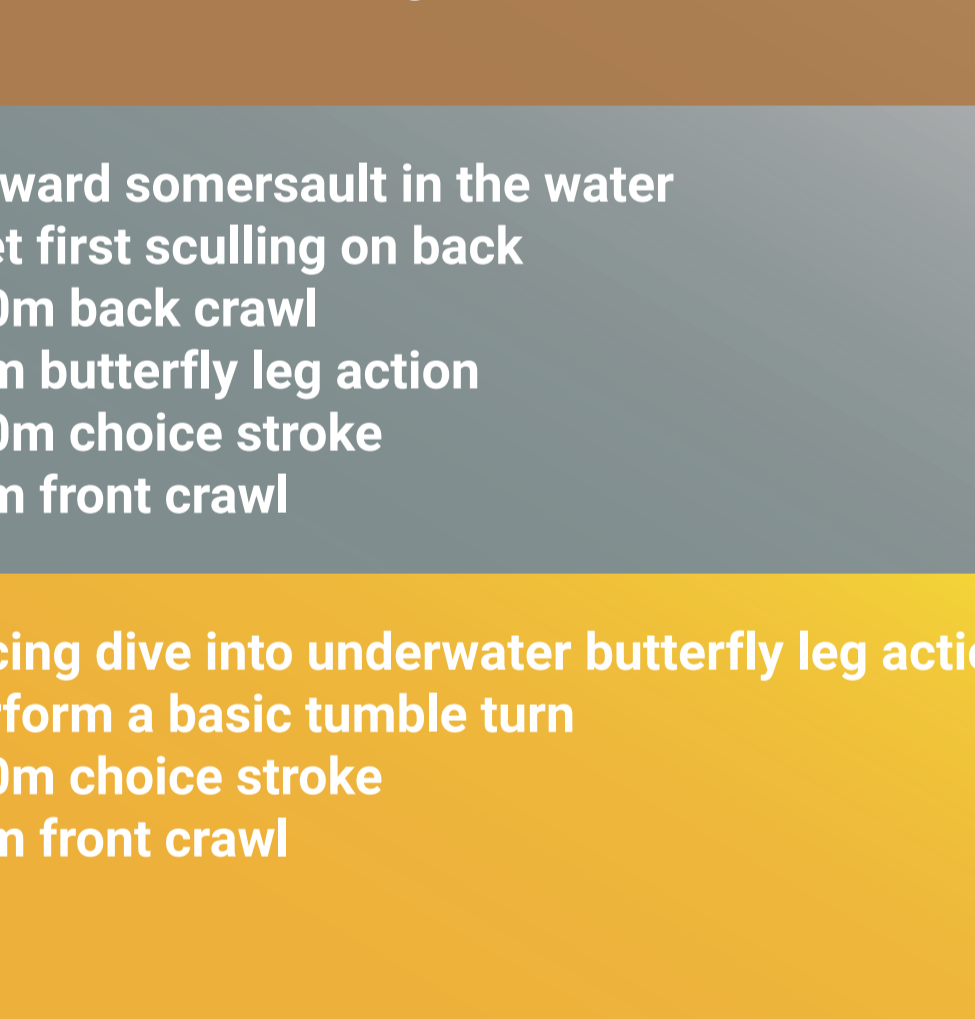


TURTLE

- ♡ Introduction to breaststroke breathing
- ♡ Head first sculling on back
- ♡ 50m choice stroke
- ♡ 25m single arm back crawl

- ♡ 10m basic front crawl with aid
- ♡ 25m breaststroke with correct breathing action
- ♡ 100m choice stroke
- ♡ 25m back crawl

- ♡ Standing deep dive to collect object at bottom of pool
- ♡ 5m butterfly leg action
- ♡ 150m choice stroke
- ♡ 50m back crawl

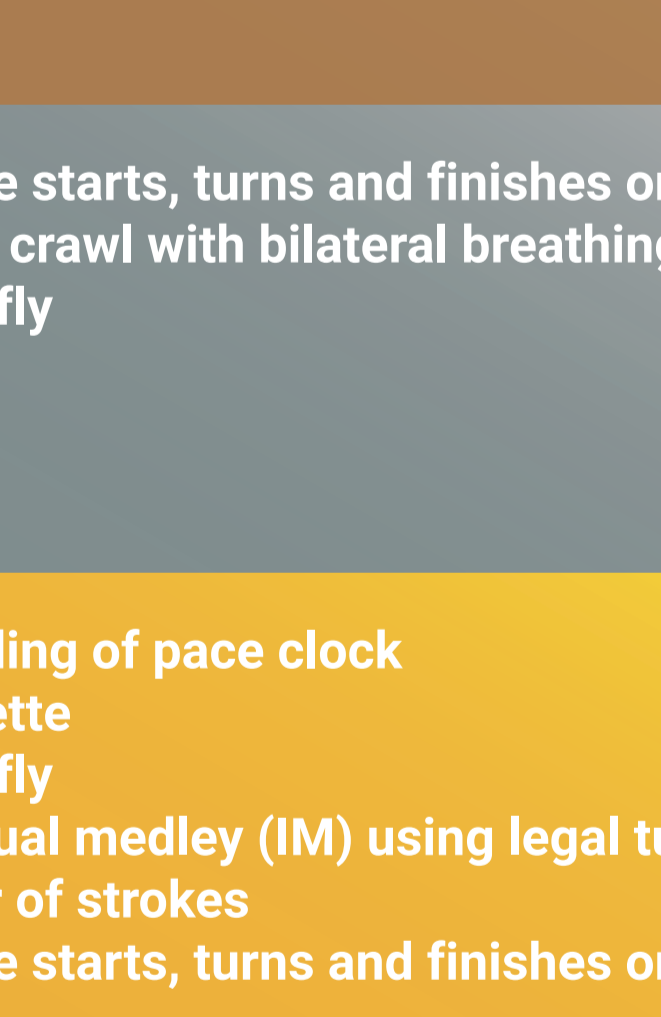


OCTOPUS

- ♡ 50m breaststroke with correct breathing action
- ♡ 10m butterfly leg action
- ♡ 75m back crawl
- ♡ 200m choice stroke
- ♡ 25m front crawl using an aid

- ♡ Forward somersault in the water
- ♡ Feet first sculling on back
- ♡ 100m back crawl
- ♡ 10m butterfly leg action
- ♡ 250m choice stroke
- ♡ 25m front crawl

- ♡ Racing dive into underwater butterfly leg action
- ♡ Perform a basic tumble turn
- ♡ 300m choice stroke
- ♡ 50m front crawl



DOLPHIN

- ♡ 20m sculling head and feet first
- ♡ Perform basic butterfly
- ♡ 50m front crawl with bilateral breathing
- ♡ Racing dive, butterfly leg kick to front crawl

- ♡ Competitive starts, turns and finishes on all 4 strokes
- ♡ 100m front crawl with bilateral breathing
- ♡ 25m butterfly

- ♡ Understanding of pace clock
- ♡ Lane etiquette
- ♡ 50m butterfly
- ♡ 4x1 individual medley (IM) using legal turns. Know order of strokes
- ♡ Competitive starts, turns and finishes on all 4 strokes



WHALE

- ♡ Understand - catch, pull and recovery phases
- ♡ Perform drills on all 4 strokes
- ♡ 100m back crawl in less than 2 minutes 45 seconds
- ♡ 100m breaststroke in less than 3 minutes
- ♡ 100m front crawl in less than 2 minutes 30 seconds

- ♡ 200m back crawl in less than 4 minutes 45 seconds
- ♡ 200m breaststroke in less than 5 minutes
- ♡ 200m front crawl in less than 4 minutes 30 seconds

- ♡ 4 x 2 individual medley (IM.)
- ♡ Perform relay takeovers as an oncoming and outgoing swimmer on all 4 strokes