

Adult Beginners

Be Water Confident

1. Enter the water safely
2. Be at ease walking around within the pool
3. Be at ease with water on the face
4. Perform a front star float and return to standing with support
5. Perform a back star float and return to standing with support
6. Exhale with mouth and nose underwater
7. Submerge the head whilst standing
8. Regain an upright position from on the front without support
9. Regain an upright position from on the back without support
10. Push & glide from a wall with support, maintaining a streamlined position with the face submerged
11. Travel 10m on the front, with use of flotation equipment
12. Travel 10m on the back, with use of flotation equipment



Adult Beginners

Be a Swimmer

1. Push & glide on the front, without support
2. Push & glide on the back, without support
3. Kick 10m on the front, using a float
4. Kick 10m on the back, using a float
5. In a flat horizontal position, perform a log roll from the front to the back
6. In a flat horizontal position, perform a log roll from the back to the front
7. Swim 10m on the front
8. Swim 10m on the back
9. Swim 25m without support, using any stroke
10. Tread water for 30 seconds
11. Confidently jump in the deep end
12. Exit the water without using the steps



Adult Intermediates

1. Sink, push & glide, perform two dolphin kicks, then swim 25m
2. Swim 50m frontcrawl
3. Swim 50m breaststroke
4. Swim 50m backstroke
5. Perform a feet first surface dive
6. Perform a head first surface dive
7. Scull 10m head first then return feet first without touching the pool floor
8. Tread water for 1 minute
9. Perform a forward somersault
10. Perform a sitting dive
11. From a straddle entry, tread water for 2 minutes
12. Understand lane etiquette and use of backstroke flags

