

# Swimming Lesson Levels Criteria



<p><b>Adult &amp; Baby</b> <b>Adult &amp; Toddler</b> <b>Adult &amp; Child</b></p>	<p><b>Adult &amp; Baby</b> For the adult to develop a range of skills to handle their baby in the water, practising basic body positions so the baby builds confidence and enjoyment in the aquatic environment.</p>	<p><b>Adult &amp; Toddler</b> To encourage the toddler to gain independent movement and core aquatic skills through structured play focusing on fun, enjoyment and self-discovery</p>	<p><b>Adult &amp; Child</b> To further develop aquatic skills through structured play and develop the independence necessary for the next level (without the adult in the water).</p>
<p><b>Pre-School</b></p>	<p><b>By the end of this level your child will be able to:</b></p> <ul style="list-style-type: none"> <li>• Enter and exit the pool safely without assistance</li> <li>• Display aquatic breathing with full submersion (blow bubbles through mouth and nose)</li> <li>• Fully submerge body</li> <li>• Demonstrate floatation front and back with or without a buoyancy aid</li> <li>• Demonstrate streamlining on front and back with or without a buoyancy aid</li> <li>• Travel 5 metres on front or back with or without a buoyancy aid</li> <li>• Jump in without assistance</li> <li>• Demonstrate three different movements across the pool</li> </ul>		
<p><b>SwimSkills 1A</b></p>	<p><b>By the end of this level your child will be able to:</b></p> <ul style="list-style-type: none"> <li>• Enter and exit the pool safely without assistance</li> <li>• Fully submerge body</li> <li>• Demonstrate floatation front and back with or without a buoyancy aid</li> <li>• Demonstrate a push and glide on front and back without buoyancy aids</li> <li>• Kick on front and back with or without a buoyancy aid for 5 metres</li> <li>• Jump in without assistance</li> <li>• Swim a minimum of 5 metres consistently demonstrating Frontcrawl and Backcrawl</li> </ul>		
<p><b>SwimSkills 1B</b></p>	<p><b>By the end of this level your child will be able to:</b></p> <ul style="list-style-type: none"> <li>• Demonstrate floatation front and back without a buoyancy aid</li> <li>• Demonstrate a mushroom float</li> <li>• Demonstrate a push and glide</li> <li>• Kick on front and back with or without a buoyancy aid for 10 metres</li> <li>• Swim a minimum of 10 metres consistently demonstrating Frontcrawl and Backcrawl</li> <li>• Show rotation from floating position front to back and back to front</li> <li>• Demonstrate a sculling action</li> <li>• Demonstrate repetitive bobbing for 30 seconds</li> </ul>		
<p><b>SwimSkills 2</b></p>	<p><b>By the end of this level your child will be able to:</b></p> <ul style="list-style-type: none"> <li>• Demonstrate a push and glide with leg kick for 5 meters holding a streamline position</li> <li>• Kick on front and back for a minimum of 15 metres</li> <li>• Swim Frontcrawl with regular breathing for a minimum of 15 metres</li> <li>• Swim Backcrawl for a minimum of 15 metres</li> <li>• Demonstrate breaststroke leg kick</li> <li>• Scull for 10 metres head first on back supported</li> <li>• Head first surface dive to collect an object from the bottom of the pool (minimum depth of 1.2 metres)</li> </ul>		
<p><b>SwimSkills 3</b></p>	<p><b>By the end of this level your child will be able to:</b></p> <ul style="list-style-type: none"> <li>• Travel on front and perform a somersault, finishing in a streamlined position</li> <li>• Swim 25 metres Frontcrawl and Backcrawl consistently maintaining correct technique</li> <li>• Demonstrate Breaststroke with simultaneous leg and arm action</li> <li>• Demonstrate basic Butterfly technique</li> <li>• Travel 5 metres with an undulating body action</li> <li>• Tread water for 30 seconds waving one hand above head to attract attention</li> <li>• Triple S Standard - completing the award</li> <li>• Enter and exit the pool without using the steps</li> <li>• Scull for 10 metres</li> </ul>		
<p><b>SwimSkills 4</b></p>	<p><b>By the end of this level your child will be able to:</b></p> <ul style="list-style-type: none"> <li>• Swim a minimum of 50 metres of Frontcrawl demonstrating push and glide, competent technique with bi-lateral breathing, high elbow and reach and pull</li> <li>• Swim a minimum of 50 metres of Backcrawl demonstrating push and glide, good technique, steady head position with rolling of the shoulders round the long axis</li> <li>• Swim a minimum of 50 metres of Breaststroke demonstrating push and glide, good technique and basic undulation</li> <li>• Swim a minimum of 15 metres Butterfly demonstrating push and glide, competent technique and basic undulation</li> <li>• Perform a dive with transition to any stroke</li> <li>• Perform a straddle jump</li> <li>• Tread water for 45 seconds</li> </ul>		
<p><b>Club Ready</b></p>	<p><b>By the end of this level your child will be able to:</b></p> <ul style="list-style-type: none"> <li>• Swim 100 metres of Frontcrawl, maintaining effective technique and incorporating race skills</li> <li>• Swim 100 metres of Backcrawl, maintaining effective technique and incorporating race skills</li> <li>• Swim 50 metres of Breaststroke, maintaining effective technique and incorporating race skills</li> <li>• Swim 25 metres of Butterfly, maintaining effective technique and incorporating race skills</li> <li>• Attempt 100 metres Individual Medley, incorporating race skills</li> <li>• Understand lane discipline and use of a timing clock</li> </ul>		

Swimming Development Team

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