

## SWIM FOR LIFE LEVELS 1–5 DESCRIPTION AND PREREQUISITES

	Swim for Life Level 1 (ages 5–12)	Swim for Life Level 2 (ages 5–12)	Swim for Life Level 3 (ages 5–12)	Swim for Life Level 4 (ages 5–12)	Swim for Life Level 5 (ages 5–14)
<b>Skills Categories</b>	<b>Prerequisites - What your child needs before you register:</b>				
	No prerequisite skill or experience	All skills with appropriate technique from Swim for Life Level 1 or Preschool D	All skills with appropriate technique from Swim for Life Level 2 or Preschool E	All skills with appropriate technique from Swim for Life Level 3 or Preschool F Level	All skills with appropriate technique from Swim for Life Level 4
	<b>What your child will learn:</b>				
<b>Floats</b>	Float on front and back 5 sec	-	-	-	-
<b>Glides</b>	Glide on front, back and side 3m	Glide on front and back 5m	Glide on front and back 7m	-	-
<b>Kicks</b>	Flutter kick on front and back 5m	Flutter kick on front and back 7m Flutter kick on side 5m	Flutter kick on front and back 10m Flutter kick on side 7m Whip kick in vertical position 30 sec with aid	Flutter kick on front and back 10m Flutter kick on side 10m Whip kick on back 5m	Flutter kick on front 5m roll to back then flutter kick 5m Whip kick on back 10m
<b>Swimming</b>	-	Front crawl 5m wearing PFD	Front crawl 5m Back crawl 5m	Front crawl 10m Back crawl 10m	Front crawl 15m Back crawl 15m
<b>Treading Water</b>	Tread water 30 sec wearing PFD	Tread water 15 sec	Tread water 30 sec	Tread water 45 sec	Tread water 1 min
<b>Entries</b>	Jump into chest deep water Jump into deep water wearing PFD	Jump into deep water (assisted) Sideways entry wearing PFD	Jump into deep water, return and exit	Jump into deep water, tread 30 sec, swim/kick 15m	Roll entry into deep water, tread 30 sec, swim/kick 25m



**SPORT & REC**