

North West Leicestershire DC ‘Learn to Swim’ Scheme
Level By Level Criteria



First Edition: July 2011

Level 1: - Aqua Tots

- This class is for both babies and toddlers from 3 months to 3 years.
- Parents will be in the water with them.
- The aim of the session is for children to get used to water through play with toys and for the parents to learn how to hold and encourage their children.
- Sessions should include play with games including nursery rhymes, inflatable's and group fun.
- These sessions are not pre bookable and customers can just turn up and participate.

Level 2: - Nursery

Badges

- 1) Duck 1
- 2) Turtle 1
- 3) Teddy 1
- 4) Turtle 2

- This class is for 3 year olds with a parent or guardian in the water with them.
- The aim of the class is to build the child's confidence in the water.
- Encourage child to wet their face.
- Learn through play, songs games and toys.
- Use of floats & woggles to play Ring - A - Ring Roses, Humpty Dumpty
- Use of balls & sinkers.
- Under pinning skills on floatation devices and submersibles.
- Aim is to be able to kick legs on front & back with float without adult support.
- Progression into arm practice once supine & prone body position has been achieved.
- Jumping in.
- Introduce safe entry and exit technique into and out of the water

Level 3: -

Badges

- 1) Duck 2
- 2) Duck 3
- 3) Teddy 2
- 4) Teddy 3

Stroke Development

- Blow bubbles for 3 seconds.
- To swim on front using arms and legs with face in the water for at least 4 strokes.
- To swim on back using arms and legs with face out of the water for at least 4 strokes.
- To start themselves off on their back and regain a standing position unaided.
- Introduce push & glide on both front and back.
- To be able to complete above points in the next part of the pool.

Skill Development

- To star float on their front for 3 seconds.
- To star float on their back for 3 seconds.
- To jump into the pool unaided including the part of the pool they will move up to.
- Pick up object off pool bottom with both hands with eyes open.
- Submerge head and blow bubbles for 3 seconds.
- Introduce mushroom float.

Level 4: -

Badges

- 1) Puffin
- 2) Octopus 1
- 3) Octopus 2
- 4) 5m

Stroke Development

- To swim on front with alternating arms and legs for at least 5m with the ability to breathe whilst moving.
- To swim on back with alternating arms and legs for at least 5m with the ability to breathe whilst moving.
- Introduction of breast stroke legs.
- An understanding of breathing to the side on front crawl.

Skill Development

- Develop push and glide on both front & back.
- Star float on both front and back for 5 seconds.
- Front push and glide straight into a mushroom float.
- Pick up object of pool bottom with eyes open.
- Mushroom float for 5 seconds.
- Jump in confidently.

Level 5: -

Badges

- 1) Frog 1
- 2) Waterskills 1
- 3) Goldfish 1
- 4) 10m

Stroke Development

- To swim front crawl with alternating arms & legs & breathing to the side for 10m.
- To swim back stroke, full stroke for 10m.
- Introduce swimming under the water with a drop down wall start.
- Introduce breast stroke arms.
- To swim breast stroke arms and legs for 5m with an understanding of breathing forward, emphasise breast stroke legs.
- Introduce butterfly legs and have an understanding arm action.
- Be able to undulate for 3-5m.
- Introduce finish at the wall on back with arm above head.

Skill Development

- Introduce sitting dive.
- Jump in at the middle part of the pool (at least) unaided.
- Develop push & glide on both front and back and to rotate for a 5 second hold. Introduce handstands.
- Pick up object of pool bottom in the deepest part of the pool with two hands.
- Introduce forward rolls.
- Introduce sculling and treading water.
- Star float for 10 seconds.

Level 6: -

Badges

- 1) Frog 2
- 2) Waterskills 2
- 3) Goldfish 2
- 4) 25m

Stroke Development

- To swim full stroke front crawl for 15m to 20m, breathing to the side.
- To swim back stroke, full stroke, for 15m to 20m.
- To swim breast stroke, full stroke, for 10m to 15m with regular breathing and a two hand finish.
 - Emphasis on leg kicks and tuck pull.
- Develop butterfly undulating, arms & breathing.
- To be able to do full stroke butterfly for 10m.
- Swim underwater with a drop wall start for 3m.

Skill Development

- Introduce kneeling dive & progress to plunge dive.
- Introduce a variety of jumps into the deepest end of the pool.
- Pick up object from the middle depth of the pool.
- Develop forward rolls.
- Push and glide on both front & back with arms above head.
- Log rolls.
- Sculling head first for 5m & feet first for 3m.
- Push & glide with a tuck, rotate to a standing position and a tuck into a handstand.
- Star float on front for 20 seconds.

Level 7: -

Badges

- 1) Waterskills 3
- 2) Angelfish 1
- 3) Frog 3
- 4) 50, 100 & 200m

Stroke Development

- Introduce correct finish on all strokes.
- To swim 40 - 50 m full stroke front crawl and back stroke with correct finish.
- To swim at least 25 m full breast stroke breathing every stroke.
 - Practice on breast stroke with correct breathing strengthening the kick, tuck & pull.
 - Strengthen butterfly legs & arms and emphasise arms under the water to breathe.
- To swim butterfly 15-20 m full stroke with regular breathing.
 - Increase stamina in order to be able to complete 200m
- Introduce to old English back stroke.

Skill Development

- Develop plunge dive.
- Swim under the water for 5 m on front & 3 m on back with drop wall start.
- Do a forward roll and introduce back roll.
- Pick up an object at the deepest point of the pool.
- Skull head first for 7 m and feet first for 5 m.
- Introduce straddle jump.
- Tread water for 30 seconds to 1 minute.
- Horizontal floating position on back for 90 seconds.
- Head first surface dive & progress to feet first surface dive.

Level 8: -

Badges

- 1) Waterskills 4
- 2) Angelfish 2
- 3) Shark 1
- 4) 400 & 600m

Stroke Development

- Correct finish on all strokes.
- To swim 75 m full stroke front crawl with bilateral breathing.
- To swim 75 m back stroke with correct finish and good knowledge of BR start.
- To swim 50 breast stroke with good timing and correct breathing.
- To swim 25 m butterfly breast stroke with good technique.
- Increase stamina up to 600 m.
 - Emphasise timing & glide & strengthen timing on butterfly.

Skill Development

- Skull 8 m head first & 6 m feet first.
- Progress forward roll and tumble turn FC / BK and have an understanding of both to move up.
- Ability to straddle jump.
- To swim 7 m underwater & 5 m on back underwater.
- Tread water for 2 minutes.
 - Introduce egg beater leg kick.
- Plunge dive with 3 m glide.
- Confident head & feet first surface dive.
 - Non swim based activity.
 - Basic lifesaving without goggles incorporating straddle jump, treading water, swimming in clothes, use of ropes, poles & buoyancy aids.
 - Waterpolo.

Level 9: -

Badges

- 1) Waterskills 5
- 2) Shark 2
- 3) Bronze Challenge
- 4) Bronze Water Safety

Stroke Development

- To swim 100 m front crawl with tumble turn.
- To swim 100 m back stroke with tumble turn.
- To swim 75 m breast stroke with knowledge of turn and transition.
- To swim 50 m butterfly with knowledge of turn.
- Introduce to I.M & turn.
- Increase stamina up to 800 m.
- Introduce relays, good knowledge of all starts & turns & an understanding of transition

Skill Development

- Skull 10 m head first & 8 m feet first.
- Confident plunge dive with 5 m glide.
- To swim 10 m underwater & 8 m on back underwater
- Tread water for 3 minutes.
 - Non swim based activity
 - Develop lifesaving - pick body of bottom of pool, throw & reach rescue in clothes, help & huddle position.
 - Develop water polo skills & tactics

Level 10: -

Badges

- 1) Waterskills 6
- 2) Shark 3
- 3) Silver Challenge
- 4) Silver Water Safety Skills
- 5) 1000m

Stroke Development

- Swim 200 m with own choice of stroke with correct start, turn & finish.
- 4 x 2 I.M with correct start & turn.
- All swimmers to be competitive at a 1000m standard.
- Sound knowledge of all starts, turns, transitions (including medley) & finishes with correct response to commands.
- Ability to speed swim adapting start & transition, including relays, on all strokes & I.M.
- To swim continuously either a short or long distance up to 1000m on any stroke or combination showing efficient technique throughout.
- To kick for 2-3 minutes continuously changing every length from alternating & simulating strokes.

Skill Development

- Skull head first and feet first up to 15m.
- Swim underwater for up to 15m on front and back.
- To swim through sinking and floating hoops with correct surfaces dives over 50m
 - Non swim based activity
 - Further lifesaving skills, developing reach and throwing rescues and introduce chin tows after keeping up the body.
 - Knowledge and understanding of various situations, when using lifesaving skills and equipment.
 - Good knowledge of water polo skills and tactics.

Level 11:-

Badges

- 1) Gold Challenge
- 2) Gold Water Safety Skills
- 3) Honours Challenge
- 4) Platinum Water Safety Skills
- 5) 1500 – 2000m
- 6) Advanced Swimmer Awards
- 7) Speed Awards

Stroke Development

- Swimmers to be at a competitive standard and improve any individual faults.
- All starts, turns, transitions and finishes in accordance to ASA laws.
- Introduce stamina swims, including the pyramid.
- Improve speed swims over long and short distances on all strokes (including I.M) in accordance to ASA laws.
- Continue to progress all strokes using varying drills.

Skill Development

- Tread water for 4 - 5 minutes.
- Swim under water on front and back for more than 15m.
- Continue to progress all skills learnt throughout LTS levels.

Non swim based activity

Sound knowledge of water polo skills, tactics and team work.

Introduce and develop personal survival skills and situations