

Swim Ireland LEVEL ONE

Awareness of: the water environment

Introduces: floating and breathing

1. Understanding of basic pool rules
2. Walking in water with water at shoulder level
3. Enter & exit pool safely with assistance
4. Float on front and back with an aid and assistance
5. Get face wet without submerging
6. Blowing bubbles
7. Regain feet from a floating position with an aid and assistance
8. Kick on front and back with aid

Swim Ireland LEVEL TWO

Awareness of: the underwater environment

Introduces: submerging and manoeuvrability with no assistance in water

Reinforces: being safe around water, building confidence

1. Understanding of basic pool rules
2. Pick up objects from the bottom of the pool in shallow water
3. Enter and exit pool safely without assistance
4. Using a board/aid float on back unassisted
5. Bob up and down repeatedly, submerging body and blow bubbles through nose and mouth
6. Roll 180 degrees from front to back then regain feet
7. Kick on front with aid unassisted
8. Kick on back with aid unassisted

Swim Ireland LEVEL THREE

Awareness of: moving through the water

Introduces: freestyle and backstroke and a greater confidence with entries

Reinforces: floatation skills and being confident underwater

1. Perform a surface dive
2. Safe pool entry from a standing and sitting position
3. Demonstrate a floating position on front and back for 10 seconds
4. Push off wall and glide on front and back then regain feet
5. Demonstrate rotary breathing – show the head turning to the side to breathe
6. Rotate 360 degrees without touching the pool floor
7. Demonstrate a freestyle arm action with a board for 5 metres
8. Demonstrate a backstroke arm action with a board for 5 metres

Swim Ireland LEVEL FOUR

Awareness of: the swimming strokes

Introduces: being upside down, treading water and diving

Reinforces: varied methods of entry

1. Using an aid, tread water using a cycling action and a breaststroke type leg action for 20 seconds
2. Demonstrate a handstand from the bottom of the pool
3. Demonstrate a sitting dive and glide
4. From a floating position swim through a submerged hoop
5. Push and glide on front and back holding glide for 2 metres
6. Swim 5 metres freestyle breathing to the side
7. Swim 5 metres backstroke tummy up
8. Swim 5 metres froggy arms
9. Kick on front and back with board for 10 metres

Swim Ireland LEVEL FIVE

Awareness of: orientation of the body in the water

Introduces: basics of tumbling and streamlining

Reinforces: swimming and kicking on the front and back

1. Demonstrate a forward somersault from a standing position
2. Demonstrate a kneeling dive
3. Demonstrate 3 different floating positions
4. Demonstrate a good push off from the wall on front and kick in a streamline position
5. Demonstrate understanding of bi-lateral breathing
6. Swim 10 metre freestyle breathing to the side
7. Swim 10 metre backstroke keeping head still
8. Swim 10 metre on front showing breaststroke type actions
9. Kick on front and back for 15 metres with no support

Swim Ireland LEVEL SIX

Awareness of: linking skills, timing and distance

Introduces: undulation and sculling and the use of good technique in the swimming strokes

Reinforces: manoeuvrability underwater, and builds on diving techniques

1. Tread water for 30 seconds keeping the head clear of the water and then swim 15m
2. Surface dive and retrieve and object from the pool floor in deep water
3. Demonstrate a kneeling dive and swim out
4. Demonstrate a good push off with streamlining, on front and back from good starting position
5. Using a pull buoy scull 10 metres on front in a forward direction
6. Swim 2 x 15 metres freestyle showing good technique and breathing without stopping
7. Swim 2 x 15 metres backstroke showing good technique without stopping
8. Using a kickboard 2 x 15 metres breaststroke
9. Kick 10 metres arms by side using a butterfly style undulating action
10. Swim 4 x 10 metres each of freestyle and backstroke without stopping